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A nation in ruins

Thousands feared dead in devastating Haiti quake

RICARDO ARDUENGO/THE ASSOCIATED PRESS

An injured child sits on a sidewalk yesterday in Port-au-Prince, Haiti. Tuesday's magnitude-7 earthquake flattened much of the Haitian capital of two million people and led some to say that tens of thousands could be dead. More coverage, pages 3, 8, 11, 35.

Haiti Crisis

Dazed survivors wandered past dead bodies in rubble-strewn streets yesterday, crying for loved ones, and rescuers searched collapsed buildings as officials feared the death toll from Haiti's devastating earthquake could reach into the tens of thousands.

The first cargo planes with food, water, medical supplies, shelter and sniffer dogs headed to the Western Hemisphere's poorest nation a day after the magnitude-7 quake flattened much of the capital of two million people.

Tuesday's earthquake brought down buildings great and small — from shacks in shantytowns to President Rene Preval's gleaming white National Palace.

Hospitals, schools and the main prison collapsed.

At a triage centre improvised in a hotel parking lot, people with cuts, broken bones and crushed ribs moaned under tent-like covers fashioned from bloody sheets.

"This is much worse than a hurricane," said doctors' assistant Jimitre Coquillon.

Bodies were everywhere in Port-au-Prince: Those of tiny children adjacent to schools, women in the rubble-strewn streets with stunned expressions frozen on their faces, men hidden beneath plastic tarps and cotton sheets.

Haiti's leaders struggled to comprehend the extent of the catastrophe — the worst earthquake to hit the country in 200 years.

"It's incredible," Preval told CNN. "A lot of houses destroyed, hospitals, schools, personal homes. A lot of people in the street dead ... I'm still looking to understand the magnitude of the event and how to manage."

Preval said thousands of people were probably killed. Leading Sen. Youri Latortue told The Associated Press that 500,000 could be dead, but conceded nobody really knows.

"Let's say that it's too early to give a number," Preval said.

THE ASSOCIATED PRESS

Catastrophe

- The international Red Cross said one-third of the country's nine million people may need emergency aid, a burden that would test any nation and a crushing catastrophe for impoverished Haiti.

On the web

- Visit metronews.ca for the latest developments on the earthquake in Haiti.

How you can help: Ways to assist earthquake victims

The following is a list of reputable aid organizations currently seeking cash donations for relief efforts in earthquake-ravaged Haiti.

Donations can be made at the web pages or by calling the appropriate phone numbers.

Canadian Red Cross: www.redcross.ca/helpnow, call toll free 1-800-418-1111, or visit any Red Cross office.

Humanitarian Coalition (consists of CARE Canada, Oxfam Canada, Oxfam-Quebec and Save the Children Canada): www.thehumanitariancoalition.ca.

Plan Canada: www.plancanada.ca/

Salvation Army: www.salvationarmy.ca, or call 1-800-725-2769. Donations can also be dropped off at local Salvation Army units. Specify "Haiti Earthquake Disaster Relief Fund."

Doctors Without Borders: www.msf.ca

Unicef Canada: www.unicef.ca/portal/SmartDefault.aspx

United Jewish Appeal of Greater Toronto: www.ujadonations.com/haiti or call 416-631-5705.

World Vision Canada: www.worldvision.ca/give-a-gift/Pages/Earthquakein-Haiti.aspx

The Department of Foreign Affairs and International Trade has also compiled a guide at www.international.gc.ca.

THE CANADIAN PRESS

Canadian link

- Canada has one of the world's largest Haitian diasporas. Some facts about the Haitian-Canadian community:
- 102,430 people in Canada listed their ethnic origin as Haitian in the 2006 census.
- Almost 90 per cent of Haitian-Canadians — or 91,435 — live in Quebec.
- Montreal has 85,785 people who describe themselves as Haitian, making it Canada's city with by far the biggest Haitian community.
- Ontario was home to 9,095 Haitians, with 2,150 living in the metropolitan Toronto area, according to the 2006 census.
- Prominent Haitian-Canadians include: Gov. Gen. Michaëlle Jean; former world champion boxer Joachim Alcine; current world light-heavyweight boxing champion Jean Pascal; Olympic gold-medal sprinter Bruny Surin; hockey player Georges Laraque; NBA basketball player Samuel Dalembert; Canada's first elected black mayor Firmin Monestime of Mattawa, Ont.; Jean Alfred, who was the first black member of Quebec's national assembly; award-winning author Dany Laferriere.

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News on the Move

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Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.

- **Today — Hudec's Olympic dream is on the line this weekend, page 22**

On the web

Visit metronews.ca for news updates

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Local

Residents rattled over rail appeal

Residents near the West Toronto Diamond rail construction area say their newfound peace will be shattered if GO Transit persuades a federal court to overrule new restrictions on pile-driving in the Dundas Street West and Keele Street neighbourhood. Last month, the Canadian Transportation Agency ordered GO to limit the hours and improve the techniques it was using to build the grade separation at that rail crossing. If the federal court of appeal stays the CTA decision, residents say their last recourse in railway disputes will be eliminated. TORSTAR NEWS SERVICE

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Elmira nurse killed in quake

An Ontario nurse who died in the earthquake in Haiti was on her fourth medical mission to the island country, her church said yesterday.

Yvonne Martin of Elmira, Ont., was one of seven people who had arrived in Haiti's capital Port-au-Prince Tuesday afternoon when the earthquake hit. The group was planning to provide medical care and support in several northern communities.

"It is with a heavy heart that I share with you the death of our dear sister, Yvonne Martin," read a statement posted by the Waterloo Mennonite Brethren Church.

"Yvonne passed away as a result of the earthquake in Haiti, where she had just arrived to do medical mission work for the fourth time."

Haiti Crisis

The Evangelical Church of Canada, the group behind the missionary work, said the workers had just settled into a guest house when the ground began to tremble and the shelter collapsed.

"We are deeply saddened by this loss, and wish to express our sincere sympathy to her family," the group's president Phil Delsaut said in the statement.

"We also extend our sympathy to the families of other foreign relief workers injured or missing and to the people of Haiti affected by this disaster."

A woman who answered the phone at the Waterloo church declined to comment, but a posting on the website said the church would be open for people to come and pray for Martin and for Haiti.

"Please continue to pray for her family, especially her husband Ron," the posting reads.

"In unity with them we are consoled to know that she died doing exactly what she loved to do."

THE CANADIAN PRESS

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Tomorrow's Metro

Urban Compass

April Lindgren brings Metro readers the issues that are affecting Torontonians

metronews.ca
WHAT'S ONLINE TODAY

Blogs Backbeat takes a final look at the influential artists who left us this past decade
Video Gov. Gen. Michaëlle Jean's emotional message to her Haitian "brothers and sisters" at **metronews.ca/canada**

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Queen's Park at the ready: McGuinty

AID Premier Dalton McGuinty says Ontario is prepared to pitch in to help Haiti's efforts to recover from a devastating earthquake that has likely killed thousands.

He says the province will offer help in reconstruction efforts, such as restoring electricity, and health care.

McGuinty says he feels a "sense of responsibility" to help Haitians, who form part of Ontario's diverse population.

Tuesday's magnitude-7 quake in Haiti was the strongest to hit the poor Caribbean country in more than 200 years.

The quake crushed thousands of buildings, from schools and shacks to the National Palace and the United Nations peacekeeping headquarters.

THE CANADIAN PRESS

CARLOS OSORIO/TORSTAR NEWS SERVICE

Matt Capobianco, left, and Sean D'Souza, of Global Medics, load up supplies that will be going for the relief effort in Haiti.

Residents co-ordinating Haitian relief

DONORS Unsure which relatives are alive or dead, two old friends met yesterday, as they do every time disaster hits their homeland of Haiti, to brainstorm ways to move Canadians to help.

"There's a degree of donor fatigue for Haiti; people are a little desensitized about the misfortunes that hit that country," said dentist Eric Pierre, honorary consul general for Toronto's 15,000 Haitians and founder of the Pierspective humanitarian aid agency.

Tonia Dyer began to cry. At 76, she has been co-ordinating relief here in Toronto for her homeland for 30 years, after hurricanes, after floods, after a school collapsed with no warning at all, and now the worst disaster of all.

Like so many Haitians around the world, Dyer woke early yesterday, unable to sleep, haunted by nightmares and compelled to start calling relatives again for news.

"I don't know if we're going to get any good news."

TORSTAR NEWS SERVICE

News in brief

COMMUNICATION The Internet proved to be the best link between people in Haiti and the outside world in the hours after Tuesday's devastating earthquake, with blog posts, tweets and video conferencing getting the word out when phones went dead. But the sad reality is few in the impover-ished country had the means to go online. While Twitter was being barraged with messages about the quake yesterday — in the afternoon several hundred tweets a minute were being posted under the #haiti hashtag — relatively few originated from inside the country. According to the most recent estimates from the World Bank, just more than 10 per cent of Haitians have access to the Internet. Still, the Net had a huge impact in establishing the initial lines of communication with aid workers already on the ground in Haiti, reported both Red Cross Canada and Oxfam Canada, which used Skype video conferencing in lieu of phones. THE CANADIAN PRESS

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Man punched women in a rage, witness testifies

Mark Scott was screaming as he punched two women in front of hysterical children at an Oshawa school in 2008, a witness testified yesterday. TORSTAR NEWS SERVICE

Seniors must know when to quit driving: McGuinty

It's up to seniors and their doctors to decide when it's time to stop driving, not the government, Premier Dalton McGuinty said yesterday in the wake of an accident that claimed the life of a Toronto mother.

"For some folks, it's sooner rather than later, but there does come a point in time when it is no longer safe for you to drive a car," McGuinty said. "You have to be honest with yourself in that regard ... and so does your physician."

McGuinty's comments came a day after a mother was killed when she and her baby were hit while crossing a busy intersection by a car that allegedly ran a red light. The 12-week-old boy was unharmed despite being knocked out of his stroller.

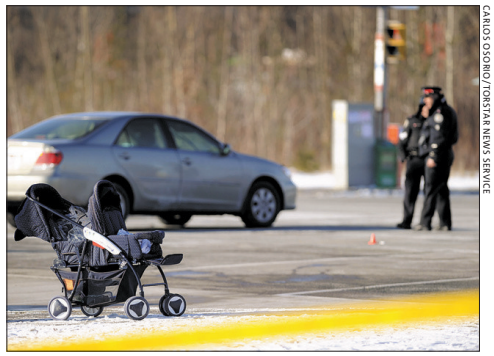
The driver was an 83-year-old woman.

McGuinty said he's willing to listen to any advice his transport minister may offer, but doesn't believe the accident is "something that calls for actions on the part of government."

Ontario has the "toughest regime" in Canada for elderly drivers, said Transportation Minister Jim Bradley. When drivers turn 80, they must pass a written test and attend a class with other drivers. If the driver has any demerit points, they must pass a road test, he said.

Drivers over the age of 70 who caused an accident are required to undergo a re-test. Any medical problems must also be reported to the ministry by law.

TORSTAR NEWS SERVICES



CARLOS OSORIO/TORSTAR NEWS SERVICE

A woman killed Tuesday by a car at the intersection of Eglinton Avenue and Martin Grove Road reportedly pushed her baby's stroller out of harm's way just before impact.

2000 accident

- Questions about senior drivers posing a safety risk surfaced in 2000, when a Toronto woman died after being dragged for almost a kilometre under a car driven by 84-year-old Pilar Hicks.

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No payment for wrongful convictions

Ontario's attorney general says Robert Baltovich will not receive compensation from the provincial government.

Baltovich won a full acquittal in 2008 for the murder of his girlfriend Elizabeth Bain, a crime for which he served eight years behind bars.

Attorney General Chris Bentley says financial compensation is not appropriate in the Baltovich case.

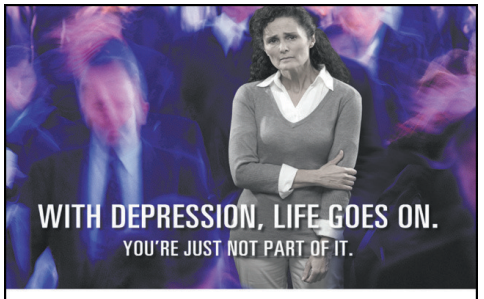
Bentley says in each stage of the case, the Crown and police "acted with integrity" and in the best interests of the administration of justice.

The minister has also decided not to compensate Anthony Hanemaayer, who was wrongfully convicted of sexual assault in 1987.

Bentley says the case involved, among other things, a "voluntary, unequivocal and informed" guilty plea and "honest but mistaken" identity evidence. THE CANADIAN PRESS

News in brief

SCHEME The lawyer for financial adviser Weizhen Tang — who's accused of orchestrating a Ponzi scheme that allegedly defrauded investors of tens of millions of dollars — said his client told him he was scheduled to return to Toronto yesterday. Loftus Cuddy said Tang had confirmed his plans to return from China. But Cuddy said he doesn't know if he'll represent him because Tang is broke and may have to apply for legal aid. Toronto police issued a Canada-wide arrest warrant this month for Tang, who will face a charge of fraud over $5,000 once he is back in Canada. THE CANADIAN PRESS



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Gold miners quarrel

Toronto's Barrick Gold Corp. has launched a lawsuit in an attempt to stop New Gold Inc. from selling 70 per cent of a project in Chile. THE CANADIAN PRESS

First for the church

Nguyen ordained as bishop, makes Roman Catholic history

Rev. Vincent Nguyen became Canada's first Roman Catholic bishop of Asian descent yesterday, as well as its youngest bishop.

The ordination took place before 1,100 people at St. Michael's Cathedral.

Nguyen, 43, was named an auxiliary bishop in the Archdiocese of Toronto with responsibility for the areas of Scarborough and Durham just 12 years after becoming a priest.

Several members of his family arrived from Saigon on Monday night so they could be on hand for the ceremony — the first full family reunion in 30 years.

Also present was a former Toronto high school teacher who once taught Nguyen English.

Nguyen fled Vietnam with 19 family members in 1983.

"I don't think at any point in my life I was thinking about the day I'd be ordained bishop," he told CTV.

THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

Auxiliary Bishop Vincent Nguyen, right, was ordained yesterday at St. Michael's Cathedral.

McGuinty defends comments about allegations against Fantino

ALLEGATIONS Premier Dalton McGuinty is rejecting suggestions he was trying to downplay the criminal allegations against Ontario's top cop.

Provincial police Commissioner Julian Fantino is facing one count of influencing or attempting to influence municipal officials — an allegation he has vowed to fight.

McGuinty said yesterday he couldn't comment further on the case because it's before the courts, and said he wasn't trying to trivialize the charge against the commissioner.

THE CANADIAN PRESS

What he said

- On Tuesday, McGuinty said there was no need for Fantino to step aside until the charge is dealt with because it's a "private information being put forward by a private citizen."

Third arrest made after deadly attack

CRIME Toronto police have arrested a third person in the death of a man who was attacked at a shopping plaza last July.

Annushath Indrakanthan, 19, was attacked by as many as five men last July 20 and died on the way to hospital after being hit on the head with a hammer and stabbed.

Police say Theepan Thivviyananthan, 19, of Toronto, has been charged with first-degree murder.

THE CANADIAN PRESS

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Pesticide lobby fights back
A group representing dozens of lawn care companies is trying to bring charges against Ontario's environment minister and senior bureaucrats over the province's controversial pesticide ban. THE CANADIAN PRESS

Deputy mayor takes aim at city's top job

POLITICS Billing himself as an example of how Toronto's diverse population can succeed — as well as "the most economically and environmentally compact" candidate for the mayor's office — Coun. Joe Pantalone has formally entered the race to succeed Mayor David Miller.

But while he joked about his height — he's 5-foot-1 — Pantalone said he's dead serious about running for mayor and won't back out halfway through the campaign to run once more as a councillor.

"Absolutely not," he replied when asked if he'd run again for his old seat, Ward 19, Trinity-Spadina. "If I am not mayor, I will no longer be involved in active politics."

Joe Pantalone

Pantalone, 57, said his six years as deputy mayor have been an apprenticeship for the top job.

While city hall needs to work better, Pantalone said, "you cannot bring a baseball bat ... and start smashing away.

"This is a beautiful flower that needs to be nurtured in order to continue to flower," he said. And it's not a time for radical change: "The next term of council is a time for us to solidify, in my opinion, and protect our services."

TORSTAR NEWS SERVICE

Poll results

- George Smitherman is the clear front-runner in the race to be the next mayor of Toronto, according to an Angus Reid-Toronto Star poll. The former deputy premier sits at 44 per cent. Coun. Adam Giambrone is at 17 per cent, Liberal party strategist Rocco Rossi sits at 15 per cent, Deputy Mayor Joe Pantalone is at five per cent, Coun. Giorgio Mammoliti has four per cent.

News in brief

STING Police conducted raids in east Toronto and Markham yesterday as part of an Asian Organized Crime Task Force investigation. Officers seized ecstasy, methamphetamine, ketamine and cash. Wei Ting Zhang, 46, of Toronto, Yiu Chuen Chan, 54, of Markham, and Yi Fai Chan, 48, of Toronto, have been charged with production of a controlled substance, possession of a controlled substance for the purpose of trafficking and conspiracy to commit an indictable offence.

THE CANADIAN PRESS

Instructors vote to strike

College teachers could hit picket lines next month

Ontario's roughly 9,000 college instructors have given their union the green light to strike.

The Ontario Public Service Employees Union said last night that about 57 per cent of members who voted supported strike action.

The vote on whether to give their union a strike mandate came after five months of talks with the colleges broke down Dec. 15.

Ted Montgomery of the OPSEU bargaining team, which represents faculty members, has said a walkout wouldn't happen for at least a month.

For the union, key issues are workload, academic freedom and management's decision in November to impose its offer on the teachers without a vote.

The colleges said in a release their offer increases salaries by eight per cent over four years and raises the maximum salary to $103,975.

Premier Dalton McGuinty has encouraged both sides to work together to avoid a strike at the province's two dozen community colleges that would end classes for at least 200,000 full-time students.

Workload was also the top issue when college teachers went on strike for three weeks in 2006, Montgomery said.

The previous contract expired Aug. 31, 2009.

THE CANADIAN PRESS

Barbecue **Ride 'em, cowboy**

JOHN R. KENNEDY/FOR METRO TORONTO

Vincent Beaulieu, 21, of Quebec, hangs on to a mechanical bull in Yonge-Dundas Square yesterday, where Bull's-Eye Barbecue Sauce fired up the grill for a free barbecue while collecting winter hats, mitts and gloves for Project Winter Survival.

Toronto 18 aimed to level three city blocks, court told

TERRORISM An alleged member of the so-called Toronto 18 was planning what he called the perfect crime, a bomb plot that would "shut down" Canada and win the endorsement of al-Qaida, an informant testified yesterday.

Shareef Abdelhaleem, 34, who has pleaded not guilty to participating in a terror group and intending to cause an explosion, rubbed his head as he listened to the informant, a former friend, testify about a plan to leave "blood, glass and debris everywhere."

Abdelhaleem dubbed the attack the battle of Toronto and said a bomb powerful enough to blow up three city blocks was to be detonated outside the Toronto Stock Exchange, Shaher Elsohemy told the court.

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Canadian who runs Haitian orphanage prepares for more children

A Calgary-area man who runs an orphanage in Haiti says he's expecting to care for more children than ever following a devastating earthquake that has killed thousands. Jerry Epp, president of God's Littlest Angels Canada, says all 160 children in his agency's care are OK. THE CANADIAN PRESS

Canada

Give more money to Haiti: Ignatieff

Liberal Leader Michael Ignatieff says the Canadian government should be contributing more money to help earthquake victims in Haiti. Ignatieff says the $5 million in aid that Ottawa announced yesterday is a good start but Canada should give more. Speaking to University of Toronto students this morning, the Liberal leader said Canadians should stand together to help Haitians, who are dealing with horrific scenes of devastation. THE CANADIAN PRESS

Ottawa plans help for Haiti

Haiti
Crisis

Canada is poised to send helicopters, ships and a disaster-response team to help Haitians left without food, water, shelter and medical services after Tuesday's devastating earthquake.

Cabinet ministers outlined the government's efforts yesterday and said at least one Canadian suffered minor injuries in the quake, while another was trapped in a collapsed building. Foreign Affairs Minister Lawrence Cannon said the government got a text message from the trapped man, but had no other details.

Ottawa will send an immediate $5 million to the Haitian government, International Co-operation Minister Bev Oda said. She indicated more aid could flow following the assessment of a Canadian military reconnaissance team.

Oda said Canada has mosquito nets, basic household goods, tents and sanitation packages that are ready to go as soon as it's clear what precisely is needed. Despite the situation's urgency, she said it's important to take time to co-ordinate relief efforts. THE CANADIAN PRESS

Visit **metronews.ca** for the latest developments in Haiti.

Quake drives Governor General to tears

OTTAWA Gov. Gen. Michaëlle Jean had just received word of the worst disaster to hit her Haitian homeland in two centuries of calamities when her American dinner guests arrived Tuesday evening.

The vice-regal, known for her heart-on-sleeve candour, held it together through a long, fraught evening, getting urgent but sporadic reports at Rideau Hall with U.S. ambassador David Jacobson.

And she kept her composure during a highly unusual inside-the-war-room photo-op with Prime Minister Stephen Harper and his crisis-management team yesterday.

But during a sombre press conference on the earthquake in Haiti, the weight of the country's troubled history appeared to crush Jean. She started to tear up when she spoke of the Canadian Embassy staff in Port-au-Prince.

"Now more than ever, it is time for us to show our solidarity with the most vulnerable people in the Americas, our brothers and sisters in Haiti," Jean said, her hand suddenly flying to her mouth to stifle a sob.

She concluded her statement with a Creole message directly to her Haitian homeland.

"I was saying to the Haitian people they are not alone," a teary Jean informed reporters before departing. THE CANADIAN PRESS

PAWEL DWULIT/THE CANADIAN PRESS

Governor General Michaëlle Jean addresses dignitaries gathered for a briefing on the situation in Haiti at the department of Foreign Affairs in Ottawa yesterday.

Canadians seek info on loved ones

QUAKE Haitian-Canadians found themselves scrambling yesterday for information about loved ones in a homeland pounded by Tuesday's earthquake.

There were desperate Facebook postings, pleas for information on the radio and myriad calls for donor aid.

"I don't know what's happened," said Robert Ismael, host of a Montreal Haitian radio station. "I don't know if I have family who have died or not." THE CANADIAN PRESS

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SCANLIFE

With phone service cut off, social media provided a critical link to Haiti in quake's aftermath. Scan this code for the full story.

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Minister charged with sexual assault allegations dating back 40 years

Police in Chatham, Ont., have filed charges against a retired Anglican minister over an alleged sexual assault dating back about 40 years. The suspect, 79-year-old Meurig Pari Lloyd, is charged with two counts each of rape, gross indecency, and intercourse with a female under the age of 14. THE CANADIAN PRESS

Is obesity a national crisis?

Extensive study shows two-thirds of adults are overweight or obese

Canadians of all ages have become substantially fatter and less fit over the last two decades, the first comprehensive attempt to measure the fitness of the nation since 1981 has revealed.

The Canadian Health Measures Survey found nearly two-thirds of adults are overweight or obese, and a quarter of children share that boat with them.

A prominent Canadian obesity researcher said the figures point to a country in crisis: "Well, if you look at those numbers I'd be very surprised to see what actually qualifies as a national crisis if this does not," said Dr. Arya Sharma, chair of obesity studies at the University of Alberta and scientific director of the Canadian Obesity Network.

Another researcher, who focuses on the distribution of fat on the body and its impact on health, was struck by the sharp increase in rates of Canadians who are carrying belly fat.

GRAHAM HUGHES/THE CANADIAN PRESS

Statistics Canada health measures specialist Jennifer Patry-Parisien, left, demonstrates a skinfold test (which measures body fat) on Josee Savoie, chief of content and analysis for the Canadian health measures survey, at a Statistics Canada mobile examination centre in Laval, Que., yesterday.

Carrying fat around the middle is much more damaging for one's health than excess weight at the hips and buttocks.

"The information on the rates of abdominal obesity, particularly in older adults, is absolutely astonishing," said Ian Janssen, an assistant professor with the Centre for Obesity Research and Education at Queen's University in Kingston, Ont.

"When you look at the prevalence or percentage that have abdominal obesity, it's two-thirds … That's unbelievable. That's increased from 26 per cent in women in 1981 and 23 per cent in men in 1981. So we're seeing bigger increases in abdominal obesity than in overall obesity."

The lead researcher for the project, Mark Tremblay, said the findings confirm the perceptions of those involved in the field.

"I think our worst fears have been validated — the fitness of the nation has declined dramatically in the last generation," said Tremblay, who runs the Healthy Activity Living and Obesity research unit at the Children's Hospital of Eastern Ontario in Ottawa.

Where some had argued that the increasing size and weight of Canadians meant they were becoming more muscle-bound, the study shows that isn't the case.

The survey, conducted by Statistics Canada, is based on extensive health and fitness data collected from 5,000 people aged six through 79 across the country. The data were collected between March 2007 and February 2009. A second round of the survey is currently underway.

THE CANADIAN PRESS

Stelmach reshuffles his cabinet

ALBERTA Premier Ed Stelmach is overhauling Alberta's 24-member cabinet in an attempt to turn around his Progressive Conservative government's sagging popularity.

Fiscal hawk Ted Morton moves to finance, where the government has promised to cut $2 billion from the deficit in next month's budget.

Former Liberal Gene Zwozdesky has been named health minister, replacing the feisty Ron Liepert, who is going from one trouble spot to another as the new energy minister. THE CANADIAN PRESS

News in brief

VALE INCO Premier Dalton McGuinty says his government is willing to help Vale Inco and its striking workers come to a resolution in their sixth-month-long labour dispute. The premier's words came as the union filed a bad-faith bargaining complaint against the company yesterday.

THE CANADIAN PRESS

Three people dead in transport truck accident

Two Ontario men and a man from Montreal are dead following a head-on crash between two transport trucks on Highway 17 in northern Ontario. The crash happened at about 6:10 a.m. outside of Dean Lake, Ont., about 125 kilometres east of Sault Ste. Marie. THE CANADIAN PRESS

Inuit take EU to court over seal ban

A coalition of Inuit groups is asking a European court to end the European Union's ban on importing seal products, saying the move was made without conservation or animal welfare justification.

"We're don't believe the regulation was based on sound information," said Mary Simon, head of Canada's national Inuit organization, Inuit Tapiriit Kanatami.

"We're hoping it will be overturned."

The Canadian group has teamed up with Greenlandic Inuit to contest the regulation in the European General Court, which is based in Brussels, Belgium and deals largely with complaints about EU regulations. The documents were filed Monday, said lawyer Hendrik Viaene, who represents the Inuit groups.

Although the EU regulation, passed in September, contains an exemption for aboriginal hunts, Simon said Inuit will still be affected by it. A similar ban in the 1980s depressed all seal fur prices.

THE CANADIAN PRESS

News in brief

POLICE Winnipeg's police chief says there would be fewer officers on the streets if he caves to union demands for paid workout time. The police union is calling for the city to give officers time during shifts to work out in the gym, something that is done in Calgary and Victoria.

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Archbishop killed in earthquake
Monsignor Joseph Serge Miot, the archbishop of Port-au-Prince, has been killed in the Haiti earthquake. He was 63. THE ASSOCIATED PRESS

World

UN mission chief among missing

The United Nations says 14 UN personnel were killed in the earthquake that decimated Haiti's capital and 150 are still unaccounted for, including mission chief Hedi Annabi, left. UN officials say 56 others were injured; seven who were seriously hurt have been evacuated from the country. UN peacekeeping chief Alain Le Roy said the fatalities include 13 peacekeepers and a Haitian civilian. He stressed that these were only confirmed fatalities and the number of UN dead "at the end will be much higher — it's obvious." THE ASSOCIATED PRESS

Dissidents take to writing on money

IRAN Facing hard-line forces on the streets, Iran's anti-government demonstrators have taken their protests to a new venue: Writing "Death to the Dictator" and other opposition slogans on bank notes, while officials scramble to yank the bills from circulation. There's no way to calculate how much Iranian currency has been scribbled on or stamped with dissident messages in recent months in response to efforts to halt public demonstrations or choke off the Internet and cellphone messaging. But it's been enough to bring public denunciations from financial overseers as senior as the central bank governor. Another top regulator said banks will no longer accept defaced bills.
THE ASSOCIATED PRESS

m.metronews.ca
SCANLIFE
At husband's trial, Princess Caroline explains the difference between assault and 'symbolic' reproach. Scan this code for the full story.

International community steps up

Haiti Crisis

Sniffer dogs, high-energy biscuits and tons of emergency medical aid were heading to Haiti yesterday as world governments and aid groups launched a massive relief effort for the estimated three million people reeling from a devastating earthquake.

Aid officials in the impoverished Caribbean nation worked to clear rubble from roads, build makeshift hospitals and remove bodies from the rubble despite transportation problems and broken phone lines.

Wintry weather in Europe added to the challenge, with snow temporarily delaying a British aid flight with 64 firefighters and rescue dogs at Gatwick airport.

"We'll be using whatever roads are passable to get aid to Port-au-Prince, and if possible we'll bring helicopters in," said Emilia Casella, a spokeswoman for the UN food agency. Its 200 staff in Haiti were trying to deliver high-energy biscuits and other supplies, despite looting and the threat of violence in a nation long plagued by lawlessness.

Humanitarian officials said the proximity of the quake's epicentre, only 15 kilometres from Port-au-Prince's sprawling slums and hilltop villas, as well as Haiti's crumbling infrastructure, meant it was difficult to estimate how many people might be dead or injured. The World Health Organization said it has sent specialists to help clear corpses and prevent the spread of disease, and the Red Cross was sending a plane today loaded mainly with body bags.
THE ASSOCIATED PRESS

RICARDO ARDUENGO/THE ASSOCIATED PRESS
People search for survivors under the rubble of a collapsed building in Port-au-Prince, Haiti, yesterday.

Visit metronews.ca for the latest developments in Haiti

Pledging help
What countries are sending

- The United States is sending ships, helicopters, transport planes and a 2,000-member Marine unit.
- The United Nations is releasing $10 million from its emergency funds.
- Britain has sent 64 firefighters with search-and-rescue dogs.
- Irish telecommunications firm Digicel said it would donate $5 million US to aid agencies and help repair damaged networks.
- Spain has pledged more than $4 million US, and sent three planes with rescue teams.
- Italy is pledging $1.46 million US.
- China will donate $1 million US, according to Xinhua News Agency.

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Former Guinean dictator ejected from Morocco

Guinea's wounded leader has turned up in Burkina Faso after being ejected by Moroccan authorities, putting him within driving distance yesterday of the nation he terrorized for nearly a year. THE ASSOCIATED PRESS

Afghan civilian deaths soar

2,412 civilians killed in 2009, up 14 per cent from 2008: UN report

Taliban suicide bombings and other attacks caused Afghan civilian deaths to soar last year to the highest annual level of the war, a UN report found yesterday, while deaths attributed to allied troops dropped nearly 30 per cent. Many Afghans now blame the violence on the Taliban rather than foreign forces.

A decline in NATO killings of civilians has become a key U.S. goal for winning over the Afghan people. Public outrage over rising death tolls prompted the top commander Gen. Stanley McChrystal last year to tighten the rules on the use of airstrikes and other weaponry if civilians are at risk.

The United Nations said 2,412 civilians were killed in 2009 — a 14 per cent increase over the 2,118 who died in 2008. Nearly 70 per cent of civilian deaths last year, or 1,630, were caused by the insurgents, the report found.

NATO and allied Afghan forces were responsible for 25 per cent of the deaths, or 596, the UN said, down from 39 per cent, or 828, in 2008.

The remainder could not be attributed to either side: Civilians caught in the crossfire or killed by unexploded ordnance, according to the report.

Afghans seen as supporting the government or the international community also were increasingly targeted.

THE ASSOCIATED PRESS

India **Holy dip**

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

A man bathes in the river Ganges during the annual Magh Mela fair in Allahabad, India, yesterday. Hundreds of thousands of pilgrims take holy dips, hoping for their sins to be washed away according to ancient Hindu scriptures.

News in brief

UNITED STATES The U.S. federal budget deficit hit an all-time high for December, and the red ink for the first three months of the current budget year is rising at a more rapid pace than last year's record clip, the U.S. Treasury Department said yesterday. The Treasury said the deficit last month totalled $91.85 billion US. Last year's deficit surged to $1.42 trillion, more than three times the record of the previous year, an imbalance of $454.8 billion set in 2008.

FRANCE President Nicolas Sarkozy says he favours a law regulating the wearing of face- and body-covering veils such as the burqa in France. Sarkozy says "the full veil is not welcome in France because it is contrary to our values and ... the ideals we have of a woman's dignity." Speaking yesterday though, he did not explicitly call for a ban and said no one should be "stigmatized."

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U.S. soldier faces court martial over deployment refusal
The U.S. Army said it has filed criminal charges against a single-mother soldier, 21, who refused to deploy to Afghanistan last year, arguing she had no family able to care for her infant son. THE ASSOCIATED PRESS

Israel apologizes to Turkey

Israel yesterday caved in to demands from Turkey and apologized over an insult to its ambassador, a government statement said, an attempt to defuse the latest crisis between the two nations.

On Monday, Israel's deputy foreign minister, Danny Ayalon, summoned the Turkish ambassador to complain about a TV show. The ambassador was forced to sit on a low sofa without a handshake, while Ayalon explained to local TV stations that the humiliation was intentional.

Outraged, Turkey threatened to recall the ambassador.

Late yesterday, Israeli Prime Minister Benjamin Netanyahu's office said a letter of apology has been written, and the premier "hopes this will end the affair." Israeli officials said the letter was delivered to Turkish officials in Ankara.

Turkish Prime Minister Recep Tayyip Erdogan accepted the apology. "We have received the answer that we had been waiting for," he said. THE ASSOCIATED PRESS

Strained relations

- In the past decade, the two states had built a strong relationship. Lately Israel has been troubled by harsh statements from Turkey's prime minister over Palestinian civilian death tolls.

Massacre witness testifies at trial

PHILIPPINES The first witness to testify against a powerful clan member accused of leading a pre-election massacre of 57 people in the southern Philippines said yesterday he saw the defendant and his family firing guns as victims knelt and begged for their lives.

The testimony came on the second day of the murder trial of Andal Ampatuan Jr., the top suspect in the Nov. 23 killings of journalists, relatives and supporters of a rival who was challenging Ampatuan for the governorship of Maguindanao province in May elections.

Ampatuan, the only one indicted so far in the deaths, pleaded innocent to murder charges at his arraignment when the trial opened last week. THE ASSOCIATED PRESS

PAT ROQUE/THE ASSOCIATED PRESS

A protester shouts in Quezon City north of Manila, Philippines during a rally calling for justice for victims of a massacre. A powerful clan member is on trial for the Nov. 23 killings of 57 people.

Chronic sleep loss not easily fixed, says new study

HEALTH Sleeping in on Saturday after a few weeks of too little shuteye may feel refreshing, but it can give a false sense of security.

New research out of Boston shows chronic sleep loss can't be cured that easily. Scientists teased apart the effects of short- and long-term sleep loss — and found that the chronically sleep-deprived may function normally soon after waking, but experience steadily slower reaction times as the day wears on, even if they had tried to catch up the previous night. THE ASSOCIATED PRESS

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Comment

Sometimes friends just fade away

One of the best things about being a bona fide grown-up is the ability to choose our friends.

In high school, friendship tended to be a situational thing. If you were into sports, you played field hockey and generally stuck with the jocks. If you were a burnout, you'd hang out with other kids who wore Pink Floyd T-shirts and bummed cigarettes off each other by the bus shelter. If you were bookish and unpopular, you joined the student newspaper to meet like-minded nerds, played trumpet in the school band and whittled away many a lunch hour reading plays in the library (slowly raises hand). In high school, the people pool was so small that our friends were essentially selected for us.

University changed things. Suddenly, nerds were cool, up was down and the playing field was level and there were thousands of diverse and interesting people happily willing to be your friend. Some of them had even heard of Pavement!

Adulthood broadens the friendship base even more. You meet people at work, at social events and through other friends.

Of course, it takes effort to maintain a friendship, and once you reach a satisfactory level of friendship saturation, it's time to stop watering the weeds.

There are two ways to end a friendship. There's the ever-popular "friendship fade" where you just drift apart and lose touch, sometimes for no particular reason. Some friendships just reach their logical conclusion. You're hanging out with different people. You don't have anything in common anymore. Your priorities have shifted. Often, both friends realize this simultaneously and slacken the rope.

There is also the "friend divorce" — a far more dramatic end to a friendship. The end can come in an argument, a vicious phone call or a curt email, quick and violent. I have had two messy friend divorces in my lifetime. After the guilt faded, I felt freer and happier and was better able to focus on the friendships that I most value.

Initiating friendship divorce proceedings does not make you a bad person. And it certainly does not mean that your soon-to-be-divorced friend is a bad person. But if you find yourself spending time with someone who is toxic to your well-being and the time that you spend together exhausts more than it buoys, it's probably an act of kindness to you both to cut them loose.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Changing attitudes about disabilities

Like many, I thought I knew "the facts" about disability — almost two million people in Ontario have a disability and the number will grow over the next 20 years as the population ages.

And I was aware of the legal obligations of employers and principles of inclusion. But it was only recently, during a speech by Ontario Lt.-Gov. David Onley that I suddenly saw the implications.

He was one of the first visibly disabled people on Toronto television when Moses Znaimer, the pioneering founder of Citytv, put him on air more than 20 years ago. My "aha" moment came when he noted that people with disabilities comprise 15.5 per cent of Ontario's population, but when their immediate family members are taken into account, the figure jumps to almost 55 per cent.

In other words, people with disabilities and their families are actually the majority of consumers, the majority of workers. I suddenly realized the 2005 Accessibility for Ontarians with Disabilities Act is not about "them," but about all of "us."

Ontario was the first jurisdiction in Canada to develop, implement and enforce mandatory accessibility standards in both the private and public sectors.

Onley reminded us of the barriers that stop people with disabilities from doing the kinds of things most of us take for granted. While some disabilities are visible, many are not. Attitudes to "invisible" disabilities — mental health issues in particular — are a huge impediment to people even identifying their challenges or need for support.

The law is without question an important tool — prodding employers and public institutions to undertake changes within a set timetable.

But changing attitudes is also fundamental. By encouraging us to "see" in a different way, Onley is pushing the envelope. Inclusive environments mean more than curb cuts and automatic doors.

Wendy Cukier is the associate dean of the Ted Rogers School of Management at Ryerson University, and the founder of Ryerson's Diversity Institute.

MICHAEL DE ADDER

Tell us your views by email to torontoletters@metronews.ca or comment on metronews.ca or on Twitter @metrotoronto

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Hearing instruments help many people hear better, but cannot solve every hearing problem or restore normal hearing.

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Wind Mobile hiring for launch in Ottawa and Edmonton

New cellphone company Wind Mobile is hiring full-time and part-time employees for its upcoming launch in Edmonton and Ottawa and expects to hire 600 employees in the next 12 months. The Toronto-based company launched in Toronto and Calgary in December. THE CANADIAN PRESS

Business

DOLLAR	N.GAS	OIL	TSX
US 97.03¢	US $5.73	US $79.65	11,853.56
US 0.81¢	US 14.2¢	US 1.14¢	33.38

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Richmond Hill makes 'A' list

With its quality education and abundant knowledge-based job opportunities, Richmond Hill is among six Canadian cities that are the best at attracting new residents, says the Conference Board of Canada.

Richmond Hill's winning attributes include solid economic performance, a diverse and well-educated workforce, low crime rates and an attractive quality of life, said the 120-page report, released yesterday.

The report, entitled City Magnets, analyzes what makes Canadian cities attractive to skilled workers and mobile populations — those that come from other countries or provinces and cities within Canada.

Richmond Hill, Ottawa and Waterloo are the only cities in Ontario making the "A" list, along with Calgary, St. John's and Vancouver. They are followed by 14 cities in the "B" list, including Toronto, Markham, Vaughan, Oakville, Kingston and Guelph.

Winnipeg, Hamilton, Montreal and Mississauga received "C" grades overall. TORSTAR NEWS SERVICE

Toronto's failings

- Toronto was held back by too few doctors, too many smog alert days and too many people living in poverty. Another issue is the earnings gap between foreign-born and Canadian workers, said Mario Lefebvre of the conference board.

Google threatens to quit China

INTERNET Google's threat to pull out of China over censorship is a rare display of defiance in a system where foreign companies have long accepted intrusive controls to gain access to a huge and growing market.

Dismayed by the prospect of a China without Google, visitors left flowers at its Beijing headquarters yesterday as websites buzzed with words of support and appeals to stay.

Comments left on Chinese Internet bulletin boards praised Google's stance and appealed to the California-based search giant not to leave.

Google managers told employees to go home and they did not know whether to come back today, said an employee.

Google trails local competitor Baidu Inc., but has gained market share at the expense of smaller competitors. THE ASSOCIATED PRESS

Search

- Google said Tuesday it would stop censoring search results on Google.cn.

VINCENT THIAN/THE ASSOCIATED PRESS

A Google user lays flowers at Google China's headquarters in Beijing yesterday after Google threatened to pull out of China.

Business in brief

MAGNA Auto parts giant Magna International Inc. expects sales growth will help lift the company out of the slump that ripped through the auto industry last year. The company said yesterday it expects its global sales will be in a range of $19.5 billion US to $20.5 billion US in 2010.

ENERGY Oil and gas prices plunged to their lowest levels of the year yesterday after a three-day sell-off sparked by a U.S. government report that said supplies grew more than expected. Crude had jumped to a 15-month high Monday.

METRO NEWS SERVICES

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ScanLife

The U.S. recovery is spreading, but why aren't jobs being created? Scan this code for the full story.

HAITI HIT HARD BY MAJOR EARTHQUAKE.

Image credited to REUTERS/www.alertnet.org

THOUSANDS FEARED DEAD. SURVIVORS NEED URGENT HELP NOW!

The strongest earthquake in more than 200 years struck the impoverished Caribbean nation of Haiti today, toppling buildings in the capital of Port-au-Prince, including medical facilities, causing widespread damage and panic.

Thousands of children and families are suffering as their homes have been destroyed and their access to clean water and medical care has been cut off. You can help rush life-saving water, temporary shelter systems and essential medical supplies today.

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AU student Sarah in Calgary, Alberta, Canada

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At Athabasca University, our large selection of courses and programs can be a big plus to your academic career. So be sure to keep us in mind like Sarah did. Sarah is attending university full-time in Calgary, Alberta. But in order to maximize her schedule, she needed to take some courses that weren't available during the times she wanted. The solution? Sarah is taking some AU courses and will transfer the credits over towards her degree. AU offers over 700 courses and 90 undergraduate and graduate degree, diploma and certificate programs to select from. If you're 16 or older, and are eager to learn, you can study at AU. Academic choice. Another reason why AU stands out as a global leader in distance learning excellence.

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Game rakes in $1B in 2 months

Video game publisher Activision Blizzard said yesterday Call of Duty: Modern Warfare 2 has brought in more than $1 billion US since November. THE ASSOCIATED PRESS

$18.9B deficit looms

Budget officer calls for dramatic action

The federal government will face a big structural deficit in the coming years that can only be overcome by taking dramatic action, Canada's Parliamentary Budget Officer said yesterday.

In his latest report on Ottawa's deteriorating fiscal position, Kevin Page said the government will have a structural deficit of $18.9 billion in the 2013-14 year.

That represents the difference between what the government takes in in revenues and what it spends, even with the economy recovered from recession.

The most concerning aspect of the report is that Page calculates the government's structural deficit will grow rather than shrink even during the years the economy is growing.

"We've been thrown off track," Page said in a briefing to reporters.

Page said the problems currently facing the government are temporary in that the recession is ending and fiscal stimulus will be wound down after March 2011.

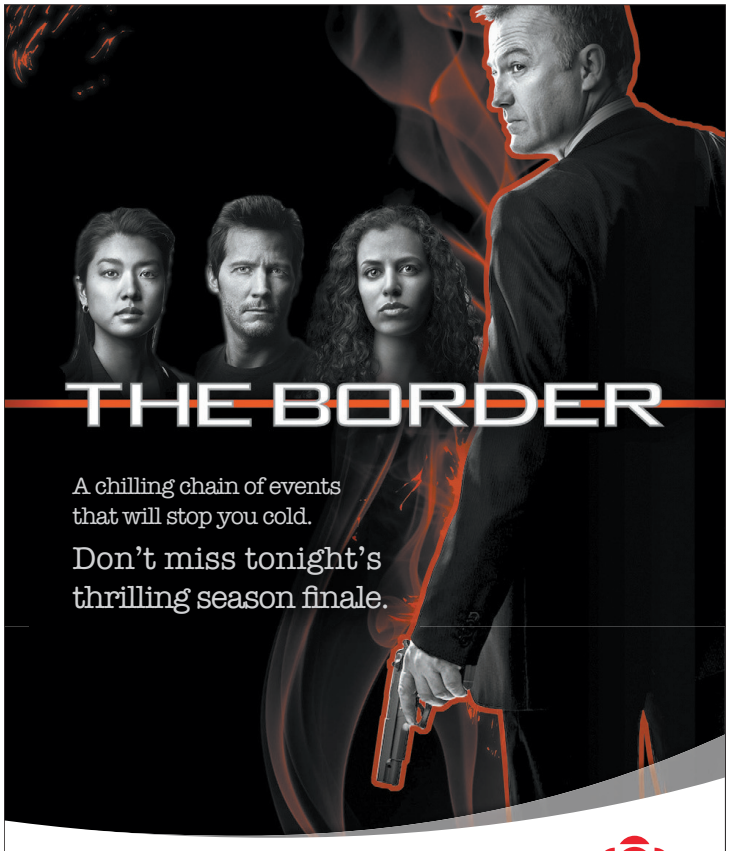
But the bigger problem going forward is a structural one, where government revenues will continue to shrink relative to the past, in part because of the aging population.

Page says the structural deficit will be in the range of one per cent of gross domestic product. That is about the same as the structural surplus that existed in the early part of the decade before the Conservative government came to power and cut the GST, depriving Ottawa of about $13 billion in annual tax revenues.

THE CANADIAN PRESS

Business in brief

PROFIT Kraft Foods Inc., engaged in a hostile takeover bid for candy maker Cadbury PLC, boosted its full-year profit outlook for the second time in two months after logging strong operating gains, as it spent more on marketing its core brands. The food company, whose products include Maxwell House coffee and its namesake cheese, has reduced its product lines during the economic downturn in order to concentrate on its most profitable products.Kraft now anticipates 2009 earnings of at least $2 per share, compared with a prior forecast for a profit of at least $1.97 per share. In November, the Northfield, Ill., company increased its guidance to $1.97 from $1.93 per share. Analysts surveyed by Thomson Reuters expect full-year earnings of $2 per share. THE ASSOCIATED PRESS



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Chile..... 2.9 ¢	Nepal..from.....7.9 ¢	Italy.....2.9 ¢
China..... 2.9 ¢	Oman..... 14.9 ¢	Russia..from..... 2.9 ¢
Ecuador.....12.9 ¢	Fiji..... 24.9 ¢	Saudi Arabia from.... 3.9 ¢
El Salvador. ..... 9.9 ¢	Ghana.....9.9 ¢	South Korea.... 2.9 ¢
Jamaica..... 8.9 ¢	Greece.....2.9 ¢	Sri Lanka.....11.9 ¢
Jordan.....3.9 ¢	Guatemala.....10.9 ¢	Trinidad..... 4.9 ¢
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Diamond firm discovers large stones
Rockwell Diamonds Inc. says it has discovered several large stones, weighing 50 carats each or more, at its Saxendrift and Holpan mining operations in South Africa. THE ASSOCIATED PRESS

East Timor to block Australian-led oil proposals

OIL East Timor's government said yesterday it will block proposals by an Australian-led consortium to develop a disputed oil and gas field worth billions of dollars, the latest move in a long-running battle over where the resources should be processed.

Proposals to exploit "Greater Sunrise" must be approved by both sides, a 2007 treaty states.

THE ASSOCIATED PRESS

Hershey planning Cadbury bid: Source

CANDY The Hershey Co. is assembling a solo bid to acquire British candy maker Cadbury PLC without the help of Italian candy maker Ferrero International, a person familiar with Hershey's plans told The Associated Press yesterday.

The company has been working on parallel bids for Cadbury — one with Ferrero and one on its own. A potential bid is still being crafted, the person said.

The person spoke on condition of anonymity because they were not authorized to speak publicly about the matter.

The source told AP Hershey has hoped to avoid a bidding war by waiting until Cadbury's shareholders decide on a competing $16.5-billion US bid by Kraft Foods Inc.

Kraft has until Feb. 2 to win support from a majority of shareholders. Its deadline to increase its bid is Jan. 19.

A spokesman for the maker of Hershey's Kisses and Reese's said that, as a matter of policy, the company does not comment on merger and acquisition issues.

An Italian business daily reported yesterday that Ferrero International SA is no longer interested in bidding for Cadbury. The paper, il Sole 24 Ore, cited unidentified sources close to the family-run Italian firm. Ferrero had no comment.

Any bid for Cadbury would involve bringing jobs and assets to Hershey and leave voting control of the company in the hands of the charitable trust set up by its late founder Milton S. Hershey, the person said. Kraft declined to comment on a potential bid from Hershey but maintained it sees itself as the best partner for Cadbury.

THE ASSOCIATED PRESS

Corus fixes eyes on TV deal

Corus Entertainment Inc. is possibly interested in buying some specialty channels from Canwest Global Communications Ltd., but not other parts of its media business, Corus CEO John Cassaday said yesterday.

Cassaday made the comments to analysts in a conference call about his company's first-quarter financial results, which provided evidence that Corus experienced a much-needed rebound in advertising revenue in November.

Overall revenues from television and radio climbed to $222.3 million from $216.8 million, although the growth came from specialty TV channels.

"We have seen a turnaround in our advertising sales with a return to growth in the low single digits," president and CEO John Cassaday told analysts in a conference call yesterday.

He expects the ad sales recovery will continue for the balance of the fiscal year, which ends in August. Corus said its first-quarter profit, for the three months ended Nov. 30, rose 82 per cent from a year earlier to $73.9 million.

The Toronto-based television and radio company said its net earnings amounted to 91 cents per diluted share. The results were an increase from 50 cents per share or $40.6 million a year earlier.

Television revenue from specialty cable channels increased to $151.3 million in the quarter, up about $10 million from the year-earlier period.

The company has been pegged as one of a handful of investors interested in acquiring certain assets of Canwest.

THE ASSOCIATED PRESS

Operations

- Corus operates a broad array of specialty cable channels, including YTV, Treehouse, W Network, and Cosmopolitan TV, as well as Movie Central and HBO Canada in Western Canada.

Business in brief

TECHNOLOGY SaskTel says it has selected Nokia Siemens to provide upgraded network technology for its wireless services. The Regina-based telecommunications company declined to provide financial details on the transaction yesterday, but said the network will be launched mid-year with a completion date sometime in 2011. SaskTel said the network will allow it to eventually upgrade seamlessly to fourth-generation wireless technology. "After a comprehensive review, SaskTel has selected Nokia Siemens Networks because of the company's advanced solutions and their global carrier presence and reputation," SaskTel president and CEO Robert Watson said in a release.

GOLD MINING Quebec-based mining company Semafo expects its Burkina Faso gold mine to remain the cornerstone of its operations. In 2009, gold production totalled a record 242,000 ounces, surpassing the company's annual guidance of between 220,000 and 240,000 ounces, Semafo said yesterday. The Mano mine in Burkina Faso produced a total of 153,500 ounces of gold in its first full year of operation, the company said. THE CANADIAN PRESS

STOP HAIR LOSS

BIO-FEN PLUS™ is a natural health product used in the treatment of hereditary androgenic alopecia *(AGA)* in adults ***(male or female pattern baldness.)*** It contains scientifically calculated proportions of extracts of fenugreek seeds, saw palmetto berries and flax lignans. Each are known to possess an inhibitor of the enzyme responsible for causing male or female pattern baldness. It also contains a mixture of B vitamins, folate and biotin to help metabolize these herbal extracts so that they are more bio-available, and to support the growth of strong and healthy hair.

What causes hereditary hair loss?

Each hair grows from a pocket in the skin called the hair follicle. During its growing phase, the follicle has a bulb-shaped bottom, the center of which is called the dermal papilla. The papilla is fed by very small blood vessels, which bring it food & oxygen and remove wastes. The papilla is highly sensitive to hormones and chemicals secreted by the body *(or ingested as a medicine)* which impacts hair growth.

It is believed that some individuals have a genetic predisposition to a receding hairline *(most common in men)* or hair/follicle thinning over larger areas of scalp *(more common in women)*. These conditions result from hormonal changes caused by an enzyme in the dermal papilla called 5-alpha-reductase. This enzyme breaks down the hormone testosterone into dihydrotestosterone *(DHT)*.

Over a period of time, an over abundance of DHT causes the hair follicle to degrade and shortens the active phase of the hair, eventually leading to thinner hair and eventual hair loss.

How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology. If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

Each BIO-FEN PLUS™ *capsule contains (mg/capsule):*

Fenugreek *(Trigonella feonum graecum)* seed extract 4:1	260 mg
Saw palmetto berry extract contains 45% powder, esters & sterols	160 mg
Flax lignans, standardized to 20% secoisolariciresinol diglucoside *(SDG)*	100 mg
D-calcium pantothenate *(Vitamin B5)*	10.40 mg
Niacinamide *(Vitamin B3)*	10.25 mg
Pyridoxine HCl *(Vitamin B6)*	2.00 mg
Riboflavin *(Vitamin B2)*	1.58 mg
Folic acid	0.095 mg
Biotin	400 mcg

Non-medicinal ingredients: inert microcrystalline cellulose and vegetable-based magnesium stearate in a veggie-based capsule.

Recommended adult dose:
. . . . . .one capsule per day

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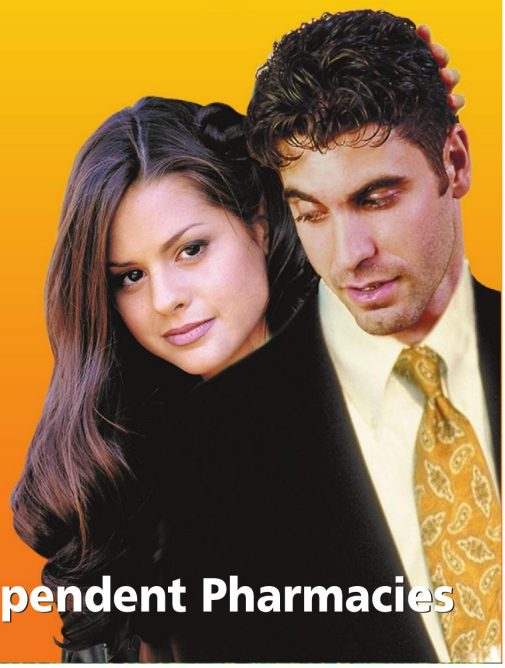
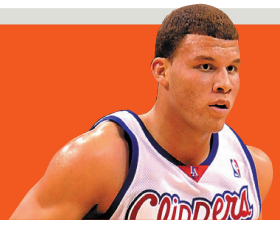


Available at Health Food stores and Independent Pharmacies

CFL won't punish Tillman

CFL commissioner Mark Cohon says the league will take no additional disciplinary action against Eric Tillman in the wake of the former Saskatchewan GM's guilty plea on a charge of sexual assault. Tillman was given an absolute discharge last week by a Regina judge. THE CANADIAN PRESS

Sports



Top NBA pick out for season

The Los Angeles Clippers say Blake Griffin, left, will have surgery on his broken left kneecap, ending the No. 1 draft pick's season before it even began. An examination Tuesday revealed his recovery wasn't progressing properly, the Clippers announced yesterday in a statement. Griffin hasn't played yet for the Clippers after injuring his kneecap in their final pre-season game Oct. 23. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Minnesota 5 Vancouver 2
Washington at Florida
Pittsburgh at Calgary
Boston at Anaheim

NBA

YESTERDAY'S RESULTS

Atlanta 94 Washington 82
New York 93 Philadelphia 92
Indiana 122 Phoenix 114
Boston at New Jersey
L.A. Clippers at New Orleans
San Antonio at Oklahoma City
Minnesota at Houston
L.A. Lakers at Dallas
Orlando at Denver
Milwaukee at Portland
Miami at Golden State

NFL PLAYOFFS

SATURDAY'S GAMES

NFC - Arizona at New Orleans, 4:30 p.m.
AFC - Baltimore at Indianapolis, 8:15 p.m.

SUNDAY'S GAMES

NFC - Dallas at Minnesota, 1 p.m.
AFC - N.Y. Jets at San Diego, 4:40 p.m.

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SCANLIFE

Not enough news about bar fights and cats in your Twitter feed? UFC has some tweeple for you to follow. Scan this code for the full story.

Kaberle wants to stay

As low as the Leafs have tumbled in recent weeks, defenceman Tomas Kaberle still has "no interest" in waiving his no-trade clause in order to be moved to a Stanley Cup contender, according to his agent.

Kaberle wants to help rebuild the 28th-overall Leafs, not by allowing himself to be dealt for draft picks or prospects, but by staying and continuing to play well.

"As corny as it sounds, he believes he is part of the solution," Kaberle's agent, Rick Curran, said yesterday.

"He's been there and shared the frustration with his teammates when they've struggled at times, but he truly believes it's just a matter of time before they enjoy some success and he wants to be there for that. It's really nothing more complicated than that."

RICK EGLINTON/TORSTAR NEWS SERVICE

Toronto Maple Leafs goalie Jonas Gustavsson feels the heat around the net yesterday at practice. The Leafs host the Flyers tonight.

As the Leafs slip from playoff contention — they have two wins in their last 11 games — and the focus shifts to how the team can rebuild at the trade deadline, Kaberle stands out as the one player who might command a decent return. He might even bring Toronto a first-round pick, something the Leafs don't have in the next two drafts after dealing them to Boston as part of the package for Phil Kessel.

Kaberle is putting together a terrific offensive season with 39 points in 47 games and could become the first Toronto defenceman to finish a campaign as the team leader in scoring. He has one year remaining on his contract at a very reasonable $4.25 million US and he is just 31. TORSTAR NEWS SERVICE

Sports in brief

JAYS The Toronto Blue Jays added to their organizational depth yesterday by signing minor-league free agents William Collazo, Jorge Padilla, Chris Lubanski and Jesus Merchan and inviting them to spring training.

WOODS General Motors says an agreement with Tiger Woods that allowed the fallen golf star to have free access to its vehicles is over. Woods' endorsement contract with GM's Buick brand ended in 2008, but an arrangement remained in place that allowed him to keep several GM loaner vehicles. A spokesman says the arrangement ended Dec. 31.

TENNIS Canadian Aleksandra Wozniak is out of the Hobart International tennis tournament in Australia. The sixth seed from Blainville, Que., was upset 7-5, 6-2 by Belgian qualifier Kirsten Flipkens yesterday.

METRO NEWS SERVICES

EMERGENCY – CHILDREN IN CRISIS

Earthquake leaves Haiti in ruins

The largest earthquake in the last 100 years hit Haiti this week. UNICEF field staff are on the ground and desperately need **the resources to help save the tens of thousands of children who are injured, thirsty, and separated from their families.**

UNICEF is deploying necessary supplies to Jacmel and Port-au-Prince as quickly as possible to assist with recovery efforts including clean water and sanitation, therapeutic foods, medical supplies and temporary shelter.

Your support is urgently needed to help with this emergency situation.

If we do not act now, thousands may be at risk of further suffering and disease.

I want to help the children who are at risk.

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Colorado man arrested over Gatorade labels with picture of Woods

Authorities have arrested a man accused of replacing labels on dozens of Gatorade bottles in Colorado with ones that had a picture of Tiger Woods and the word "unfaithful." Jason Eric Kay, 38, of Colorado, was being held yesterday on charges alleging he misbranded and altered food labels with intent to hurt a brand or business. THE ASSOCIATED PRESS

Welcome to the club

Baryla, DeLaet ready for first season as PGA Tour members

A pair of Canadian golfers are about to embark on the journey of a lifetime.

Chris Baryla and Graham DeLaet will officially start their first season as PGA Tour members at this week's Sony Open in Honolulu.

The 27-year-olds first met one another during their college days and took vastly different paths to the world's top golf tour.

Now that they're both PGA Tour rookies, they'll be sharing some experiences together.

"I think it's nice for both of us that we're out at the same time," DeLaet said yesterday. "We've known each other for quite a while. I'm sure we'll be spending a lot of time together this year."

Baryla first started dreaming of a career in professional golf as a teenager growing up in Vernon, B.C. After attending college and qualifying for the U.S. Open while still an amateur, he truly began thinking it was a possibility.

The belief came slightly later for DeLaet, who spent the past three summers as a regular on the Canadian Tour.

"You always have the dream, but until after my first year on the Canadian Tour I didn't know if it was actually a legitimate goal," said DeLaet, a native of Weyburn, Sask.

Baryla essentially earned his tour card with a Nationwide Tour victory in October while DeLaet locked up his spot at Q-school in early December.

THE CANADIAN PRESS

Chris Baryla

Fab four

- Chris Baryla and Graham DeLaet join Mike Weir and Stephen Ames to make it four Canadians on tour in 2010.

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Barcelona seeks Winter Games

Former Summer Olympic host city Barcelona wants to bid for the 2022 Winter Games. Mayor Jordi Hereu made the announcement yesterday, saying "the city of Barcelona wants to live the Olympic dream." Barcelona previously hosted the 1992 Summer Games. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Chan moves on without coach

SKATING There was something missing yesterday as Patrick Chan took to the practice ice at the John Labatt Centre.

The 19-year-old Chan competes for the first time without coach Don Laws behind the boards at this week's Canadian figure skating championships. Laws announced he was quitting as the Canadian star's coach last week, just a month out from the Vancouver Olympics in a move Chan said he never saw coming.

Patrick Chan

"Of course it was a surprise, but surprises are what keeps life exciting, I guess, right?" Chan said after his practice session.

"I'm still going to move on. I'm not, like, devastated — you can only move on."

THE CANADIAN PRESSS

Make or break time

Hudec's Olympic hopes may hinge on performance this week

Jan Hudec's dream is a top-12 finish in Saturday's World Cup downhill race in Wengen, Switzerland, a result that would guarantee him a spot on the Canadian Olympic ski team.

Realistically, Hudec just hopes he skis well enough to prove to the coaching staff he still deserves to compete next month in Whistler, B.C.

The Calgary resident underwent his fifth knee surgery last winter and has spent this season trying to regain his form. He needs one more top-12 finish to meet Alpine Canada's criteria for an Olympic team berth but could also be a coach's discretionary pick if he doesn't meet the standard.

"It's my last chance before the Olympics to really get my old self back and show I can ski as fast as these other guys," a subdued Hudec said in a telephone interview from the team hotel. "I know I can, (but) it's one thing saying it and another thing to actually do it.

"Trying to find that confidence, to push it when it gets scary or bumpy or whatever, that for me is what this race is all about. I feel like it's one of my last chances to do that."

Paul Kristofic, head coach of the Canadian men's ski team, said a top-12 finish "is a fairly aggressive goal" for Hudec. A top-20 is more realistic.

Alpine Canada requires two top-12 World Cup finishes over the last two seasons to be selected to the Olympic team. One of those results must come during this World Cup year.

Hudec will not ski at Kitzbuehel, the final downhill before the Olympics.

THE CANADIAN PRESS

ALEXIS BOICHARD/AGENCE ZOOM/GETTY IMAGES

Jan Hudec competes in the Audi FIS Alpine Ski World Cup Men's Super G on Nov. 29, 2009, in Lake Louise, Alta. Hudec can guarantee an Olympic spot with a top-12 finish in a World Cup race Saturday.

Right music can be key to winning skating gold

PROGRAM Whether it's the dramatic score of a movie, the canned melodies in the supermarket, or whatever happens to be playing on her car radio, Carol Lane's ears are perpetually tuned to the music while her mind is doing twizzles and sit spins.

Figure skating's musical accompaniment is the soundtrack of her life.

"It never ends," says the Toronto coach, laughing about her eternal search for the perfect figure skating music. "I've been known to stop dead in the middle of Loblaws, and scream out, 'What's that?' and then go running to the counter to find out."

Hit, miss

- Canada's Jamie Sale and David Pelletier skated to Love Story in a program that helped them capture Olympic gold.
- There have also been misses: Germany's Katarina Witt skated to the theme song for The Muppet Show at the 1981 world championships.

A skater's music and how it's interpreted is a key weapon in their arsenal, as essential as a blistering slapshot to a hockey player, or a bullet arm on a quarterback.

"It becomes a bigger deal when you're trying to win the big ones," says four-time world champion Kurt Browning. "When you're trying to create a special moment that people will remember — the music and the costume and how those two things relate to what you're like as a person — when everyone gets really level at the top, that can be what puts you over is that lasting image."

The image of Browning in white tux and bow tie remains one of the most enduring in figure skating, his Casablanca program a defining moment of his career.

Skate Canada officials keep tabs on their skaters' programs, but high performance director Mike Slipchuk said he's never had to give a program the hook.

THE CANADIAN PRESS

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Money-saving tip

The venue and food can be the largest drain on your budget. An option is to go to a vacation destination for a private ceremony with close family and friends. When you return, have a cocktail and hors d'oeuvres party to celebrate. NEWS CANADA

Wedding Planner

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Gowns get dramatic

LEYLA EMORY
for Metro Canada

This year promises to be a fun one for the wedding dress. It's playing with colourful accents, lacy layers, changing lengths — and it's doing it on a budget.

"Black accents are not goth anymore," says Lori Pannia, editor in chief at the TheRingBearer.ca. "This theme was all over the runway; whether it be a sash in the hair, a belt around the waist or even simple details on the dress, all designers used some sort of drama with black accents."

Red is also getting in on the fun. "Look for bright red dresses embellished with large satin sashes and bows, or red dresses with black piping and details," says Lisa Lewis, co-founder of Live It Up Events.

THERINGBEARER.CA PHOTOS

This silk organza Laurel gown in ivory by Adele Wechsler can be worn with a dropped yoke skirt, left, or as a short cocktail dress.

Texture is a big one this year. "Look for floral prints and intricate lace details, which make the dresses appear soft and touchable," says Pannia. Layers are coming in the form of a bolero to cover the shoulders, or just more fabric to fill out the dress: "Chiffon, tulle, organza, or even feathers — layers of fabric are the newest major detail designers are playing with," says Lewis.

THERINGBEARER.CA PHOTOS

Black — as seen here in the Arabella gown, left, and the Rhapsody gown by Jenny Packham — was all over the runway at the spring and summer 2010 bridal fashion shows.

And with layering comes functionality. "There was a movement towards wanting to wear short for the wedding but feeling torn about missing the experience and drama of the wedding gown," explains Adele Wechsler. Her latest collection uses layers to transform a dress. "They are pieces where you wear a short dress over a long skirt that together look seamless. (A bride) could come to the reception and be kind of sassy and sexy in a short dress. Or just simply be able to use it again. It fits in with the philosophy of the eco bride who wants to be able to reuse and re-wear and not simply have this dress that she could only wear once."

Texture is big this year, as seen in this gown by Reem Acra.

THE ASSOCIATED PRESS

Aside from flaunting legs, gowns are also revealing more skin on backs. "Backs were open and low cut," says Pannia. "The looks are sexy but designed to be classy. Keep an eye out for keyhole cutouts and jewels adorning the back."

Finally, budgets are being considered. While her collection offers saving in the form of two dresses in one, Wechsler has also come up with a more affordable line. "With the economy being what it is, another important consideration for me with this collection was that I wanted to be able to offer a couture gown for under $2,000."

Meet the experts

Toronto is playing host to a number of bridal shows this month that will have you covered from engagement to honeymoon.

These shows are a great opportunity to meet the industry in person, says Catherine Lash of the Wedding Co., which annually presents The Wedding Show at the Carlu. "A large part of your wedding is spent dealing with a supplier for quite a period of time, so to actually meet with someone face-to-face gives you a really good sense of what your relationship is going to be like."

Running from Jan. 15-17, the show will feature 115 exhibitors.

Here are some other bridal shows this month:

- **Canada's Wedding Expo:** This year's event features a seminar on hair and makeup by Niko Cosmetics. In addition to three casting calls for new reality TV shows, one of them, Wedding Saviors, will also be filming a live wedding at the event. Runs Jan. 16-17 at Toronto Congress Centre North.
- **National Bridal Show:** Along with hundreds of exhibitors, you can check out the onsite fashion shows. The show also gets eco-conscious with a Green Weddings feature and The Brides' Project booth, where attendees can bring gently used bridal gowns that will be recycled for sale. Register for free admission at nationalbridalshow.com or at the show. Runs Jan. 22-24 at Direct Energy Centre. – EVA LAM/ FOR METRO TORONTO

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Money-saving tip
Consider booking your wedding in the winter or spring, or on a Friday or Sunday. Avoiding a Saturday in the summer will probably get you the venue you want and save you money. **NEWS CANADA**

Plan to save, experts say

LEYLA EMORY
for Metro Canada

Looking for the best way to get the most bang for your buck out of your wedding? Make planning it part of the fun.

"It should be more than one fabulous day," says Lisa Lewis, co-founder of Live It Up Events. "The planning process can be pretty amazing as well."

But before you even set a date, examine your budget, says Lewis. "The earlier you start, the longer you have to save and spread out your payments."

She suggests saving for at least a year and a half to two years for those trying to keep costs down. "Once you have your wedding budget, calculate how much you could reasonably save on a month-to-month basis. Then push the big day back far enough so that you can give yourself enough time to pay for it."

Now hit the fair.

With Christmas and new year's being the biggest time for engagements, it's no coincidence that wedding shows start popping up in January.

"I believe in entertainment," says Mark Kovacs, president of Canada's Wedding Expo Inc. "You pay $15 at the door to walk in, (and) yes, you will find vendors that will provide a product or service for your wedding — but you need to be entertained while you're there."

Fashion shows, live musicians, food sampling and gift bags are all part of the fun. "It's like Disneyland," he says. "You go from one theme park to another."

But in all the excitement, don't forget to plan the wedding. "The shows are phenomenal for ideas and information," says Lewis, "but I do suggest hiring a planner, a competent, certified planner — someone who will get to know you and your partner, who can take the stress from you, look after you, bring you ideas and guide you in the right direction."

Once you're engaged, experts suggest setting a wedding budget.

With more than 300 vendors at his wedding show, Kovacs agrees. "Walking into a wedding show with a planner doubles one's effort in finding what they need."

This includes savings. "Everybody thinks that they're going to save money by not hiring a planner," says Lewis, "but in fact, your planner can actually save you a lot of money."

She stresses the importance of not making rash decisions. "Recognize that what worked for your friend, cousin, sister, et cetera may not necessarily work for you."

A planner can offer alternatives to the norm. "Your wedding doesn't always have to follow the classic format," she says. "You can create something wonderful without diving deeply into debt."

Ways to unleash your creativity

EVA LAM
for Metro Canada

For the budget-conscious couple, a do-it-yourself wedding is not only a way to save, but also a perfect opportunity to unleash your creativity.

We asked Genève McNally, principal planner at Vancouver's DreamGroup Productions Inc., and Liz Bourguignon, wedding and events director at Bridal Solutions Impact Marketing & Event Solutions in Ottawa, for some tips on making your big day a DIY affair.

- **Invitations:** Art stores and dollar shops sell scrapbook paper, ribbons, stick-on rhinestones and other items you can use to make personalized invites. McNally suggests getting several friends together and making it a fun girls' night activity. If you're short on time, some graphic designers, such as Tammy Lyon of Uniquity Invitations, offer affordable PDF templates you can customize, download online and print at home.
- **Centrepieces:** McNally's favourite DIY centrepiece look involves placing pillar candles of varying heights on a mirror, with gemstones and flower petals scattered around them. Another idea: Fill up glass vases with rocks, shells and ocean glass.
- **Favours:** "Try to do a favour that somehow is connected to you or important to you," suggests Bourguignon. She recalls a Chinese wedding where the couple put personalized messages inside fortune cookies. For green-themed weddings, consider homegrown potted plants.
- **Music:** In lieu of a DJ, couples can use their own MP3 player and hook it up to a rented or borrowed speaker system, say McNally.
- **Leave it to the pros:** Unless you're a florist, Bourguignon advises against making your own bouquets. Both experts agree that photography is another area where you should hire a professional.

Money-saving tip

Do you really need a brand new cake knife or vases for the flowers? Instead, borrow items from family or friends, or rent what you need. **NEWS CANADA**

Wedding Planner

Eyelash extensions hot trend for brides

JANINE FALCON
for Metro Canada

For some brides-to-be, a long, lush, dark fringe of lashes means dispensing with mascara on their wedding day and not having to wear eye makeup at all while enjoying their honeymoon. All it takes to get them is a couple of hours and between $75 and $300.

Eyelash extensions are becoming more and more popular for women with natural lashes that are short and fine.

"They give you the look of naturally defined eyes without the use of mascara," says Olena Kovalchuk, makeup artist and eyelash extension technician at Kirsch Cosmetic Studio in Toronto. "Extensions make lashes look longer and a little thicker."

The process involves having synthetic clusters or singles glued onto clean, natural lashes to deliver a longer, thicker, more dramatic effect. More common are single-lash extensions, in which one synthetic lash is glued onto a single natural lash (without touching the lid); the finish tends to be more realistic.

Proper care is important for extension longevity, and is usually outlined for each client during the appointment. Instructions include not touching the lashes once they're applied because the natural oils in skin reduce the effectiveness of the adhesive. Non-oily makeup remover is also best.

How long extensions last also seems to depend on the supplies each technician uses. According to Kovalchuk, the type of extensions and glue she uses (Misencils) can last up to nine months. To maintain lush results, however, the key is monthly fill-in appointments to replace lashes that fall off during the natural lash-shedding cycle.

Jennifer Ballance, who provides lash extension services at Buff Nail Lounge in downtown Toronto, uses materials supplied by a company called XtremeLashCanada, and predicts a full two months of good-condition wear with a refill about halfway through.

Extensions eventually fall off by themselves, but the look can get scraggly as more lashes disengage.

"See a professional who can remove them without damaging the natural lash," Ballance suggests.

Cost can depend on the number of extensions you have. At Buff, a half-set of about 30 synthetics per eye is $75, and a full set of about 70 per eye is $150. At Kirsch, however, the price is $300 — rather than limit the number of extensions she uses, Kovalchuk applies as many as necessary for the fullest effect (it varies according to how many lashes the client has naturally), and sends the client home with a protective lash sealant and oil-free makeup remover.

Extension alternatives

For women with very sparse lashes, extensions may not be a solution because they can't add much fullness. You can add length to what is already there, but you can't attach synthetic lashes where natural lashes don't exist, Kovalchuk explains.

A temporary strip of falsies is better for achieving a significant overall volume boost. **Shu Uemura's Farfallina lashes** ($36, Holt Renfrew) offer a glamorous flourish. **MAC LASH #31** ($15.50, maccosmetics.com) or **Revlon's Fantasy Lengths #99500** ($7.99, at Wal-Mart and Zellers) offer more realistic results.

Makeup artist Sylvie Mazerolle (sylviemazerolle.ca) prefers to use flirty lash clusters for a soft, feathery look. "I'm the naturalist when it comes to bridal," she says. "Bridal makeup should enhance your natural beauty — you should look like a princess, not a drama queen."

For women who would rather stick with mascara, **L'Oréal Paris Double Extend Beauty Tubes** ($14.95 at drugstores) has a primer on one end and colour on the other for a dramatic increase in length. Fragile lashes may have a hero in **Cargo LashActivator** ($35 at Murale and Sephora), a mascara-like treatment that can be used in the months before the big day. It contains a blend of nourishing marine and botanical extracts to boost growth by improving micro-circulation of nutrients and reducing lash loss.

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Metro Homes

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–SYLVIA PUTZ/ FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Vintage nostalgia

Suite Talk

RAFAEL BRUSILOW
for Metro Canada

Vintage references create a sense of inviting sophistication at The Address at High Park, proving the past can indeed be new again.

The model suite for this Bloor-West condo offering, designed by Chestnut Hill Homes, shows that combining modern, sustainable materials with retro sensibilities can create a space which is as hospitable as it is stylish.

Designer Andrea Kantelberg says she looked to fashion for inspiration in creating a style that intrigues as much as it invites.

"I looked at stylish people and how their fashion is never about one single style. I wanted to communicate that on a living level in this space," Kantelberg said.

Decorative elements from past decades abound to give the space an innate sense of personality.

Here are some shots from The Address at High Park.

"The retro influences are based on wanting to introduce a vintage element into the space — that's how the charm and soul comes in to bring personality into the space," Kantelberg said.

Among the many "personality pieces" Kantelberg chose for the suite are dining and coffee tables from the 1970s and a vintage Danish high chair from the 1960s. It's all about harnessing the comforting power of nostalgia to create an oasis of calm in the home, Kantelberg says.

"With the hectic lives that technology has brought us, there's something warm and nurturing about nostalgia. It's just a natural evolution of us wanting something more comfortable in our fast-paced lives," Kantelberg said.

Since the building is located in the tree-rich High Park neighbourhood, Kantelberg made sure to incorporate many environmentally conscious elements into the design of the space, including kitchen countertops made of partially recycled materials and sustainable finishes throughout.

Address features

- The Address at High Park
- Theaddressathighpark.com
- Available now
- Sizes: One-bedroom, one-bedroom + den, two-bedroom and two-bedroom + den designs
- Prices start from the $270,000s.

HomeScape

Sylvia Putz

metronews.ca/homescape

Coming down off of Christmas

After the holiday lights and glitter are safely packed away for another year, you can sit back and enjoy the order, the quiet, the … Oh, let's face it, the drab and empty spaces isn't doing much to lighten your mood. Here's few tips:

- For a dramatic touch and added warmth, add bold throw cushions and blanket to the sofa, preferably in a textured fabric.
- If your floor or parts of your floor are bare, consider additional throw rugs to pump up the cozy factor.
- Invest in additional or more intense lighting.
- Update decor items.

Check out new or interesting vases, art, candles and candleholders.

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Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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JENNIFER BILL
for Metro Canada

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With Vancouver claiming the 2010 Winter Olympics, a recharged energy in the country means showing off your Canada as cool again.

Wear your Canadian pride on your sleeve — or better yet, show it off in your home.

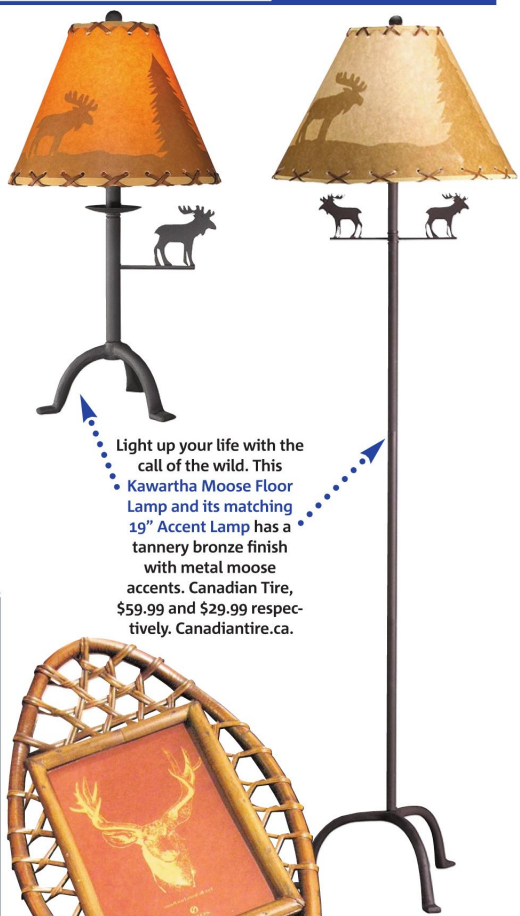
"We're paying a lot more attention to Canadian design as a look," says Meg Crossley, senior editor of Canadian House & Home magazine. "Quilts and big rustic wooden bowls that give warmth and look natural is a good way to get Canadiana into your decor. We definitely see a lot of birch … Get fallen-down birch branches and stick them in the corner of a room, or in a vase to give a rustic look."

Create a contrast in your home by treating a room to a kitschy Canuck feel. Place a warm made-in-Canada wood furniture piece among deer and moose knickknacks to mimic the feel of a cottage. Add more true patriot land by mixing in an intriguing Inukshuk statue or colorful dream catcher to elicit a Native ambience.

But Crossley, small-town Ontario born and raised, warns against going Canuck crazy: "You don't want to go so over the top so it looks like a theme park."

Stand a traditional totem pole in your living room, or at least a mini reproduction. Made of black crushed marble, the Beaver — the symbol of a carver and a builder — is on top of a raven with a frog in its mouth (5.5", top), $22.99. Black Bear (4.5", second from top), $12.99, Raven (7.5" third from top), $69.99 and the Bear with Salmon (5.75" bottom), $39.99. ROM Store, rom.on.ca.

This Canadian Moose is just as cute but perhaps not as cuddly as a stuffed animal. Once the snow clears, give this hand-painted moose a new home in your garden. Canadian Tire, $59.99, canadiantire.ca.



Light up your life with the call of the wild. This Kawartha Moose Floor Lamp and its matching 19" Accent Lamp has a tannery bronze finish with metal moose accents. Canadian Tire, $59.99 and $29.99 respectively. Canadiantire.ca.

Go for a Rocky Mountain style decor with this snowshoe hanging picture frame. Rousing memories of the cottage up north in winter, this wooden Aurore frame comes from Stacaro, $39, stacaro.com.

These 10" replicas of the Stanley Cup are made of nickel-coated ABS plastic. Each features a pewter disk with an NHL team logo and the year the team won the cup. Hockey Hall of Fame Store, $49.95, cyberstore.hhof.com.

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Family quotas not the right path

The City of Toronto is considering a proposal to mandate that 10 per cent of all condo units be large enough to accommodate families with children.

The City argues that families don't live in Toronto because there's an insufficient supply of family-sized units. The industry argues that there's not enough demand for family-sized units, particularly at the price they would have to charge.

It's amazing how no matter what you do, it's never good enough for some. In the last decade, BILD members have added more than 100,000 condo units within the City of Toronto. Yes, the majority of those units were sold to first-time buyers who couldn't afford more, but people have to start somewhere, right?

If not first-time buyers, many of those 100,000 units were purchased by investors to rent, and without that additional supply, vacancy rates would be much lower and rents much higher.

The vibrancy that these new homeowners have brought to the City distinguishes us from all those American cities that are hollow cores in the evening and on the weekend.

The ideal of families living in the City is certainly valid but the reality is that more often than not, people that swore by the downtown lifestyle head for the suburbs the moment the pregnancy test shows positive.

Developers tell me that the larger units are always the last to sell, typically to down-sizers or as shared accommodation. I personally don't think you can force a cultural shift overnight but I have no doubt that things will evolve towards the City's goal of having more families living in the City. I just don't think that quotas are the way to go.

What do Metro readers think? If we build it, will they come? Let me know your views by texting me at 416-948-8654 or emailing (see below).

Stephen Dupuis is president and CEO of the Building Industry and Land Development Association (BILD). He can be reached at president@bildgta.ca.

RooftopSurfing

Stephen Dupuis

metronews.ca/rooftopsurfing

Foreign estates

Q I am getting out of the frosty north for a week's vacation and am considering the possibility of looking for a vacation/retirement home. What should I be aware of legally?

A There are a host of items you have to consider when purchasing a vacation home in another country. The first and foremost is that each country has different laws with respect to real estate purchases so it is imperative you get good advice with respect to the legalities of process. For example, in some countries, the beaches are considered public property so even though you may be promised a beautiful beach with your vacation home, it may be that all of the tourists and locals will tromp through your front yard on a daily basis.

CHECK METRONEWS.CA FOR THE FULL LOWDOWN ON FOREIGN OWNERSHIP

Jeffrey Cowan is the principal with Cowan Taylor and McGee, Barristers & Solicitors. The information in this article should not be relied upon as legal advice.

LegalMatters

Jeffrey D. Cowan

jeff@cowanlaw.ca

Help out shoe drive
Ron White's 14th Annual Shoe Drive for the Homeless is now in full swing until Feb. 14. The campaign encourages people to donate their gently used shoes over the next few weeks. Visit ronwhite.ca for drop off locations. METRO NEWS SERVICE

Style

Williamson dresses men

Matthew Williamson is venturing into menswear. The British designer — who dresses the likes of actress Sienna Miller — is heading into the world of men's clothes following on from a successful collection with high street store H&M. The clothes, which will be unveiled for spring/summer 2010, will be expanded seasonally and will be available at London's Harrods department store and Matthew Williamson shops. FEMALEFIRST.CO.UK

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Gold medal-worthy outfits

Designer Vera Wang knows the ins and outs of competitive figure skating outfits because at one time, she wore them.

As a child, Wang had visions of Olympic gold when she did all those early morning workouts at the rink and travelled to countless competitions, including the annual national championships in 1968. But she didn't make the U.S. team, traded her blades for high heels and hasn't looked back, building an all-encompassing lifestyle brand that includes fashion, accessories, tabletop housewares and stationery.

Still, skating clearly has a place in her heart — "It's a very special sport," she says — and she keeps a hand in it by designing costumes for some top contenders, including Evan Lysacek, a favourite to medal in men's figure skating in Vancouver, as well as previous Olympians Nancy Kerrigan and Michelle Kwan.

Wang got back on the ice for the first time in years this past fall with Lysacek and enjoyed it, although she's a little more nervous about injuries as a 60-year-old mother and business leader than she was a teenager.

But the session wasn't about her, it was about him — understanding how his body moves and his particular balance of artistry and athleticism.

"You wouldn't want someone to lose Olympic gold because their sleeve ripped off," Wang says.

Other considerations: The outfit has to sparkle like eveningwear but function like workout gear; it has to stand up to the considerable wind generated by skaters' speed; and it must be show-stopping from every angle, unlike a Hollywood-starlet gown that is usually photographed straight from the front or back.

"This is more pressure than an Oscar dress in a strange way," she says.

The costume also has to complement the music.

"I have to have the music for a skating costume," she says, "and that's not the way I normally work."

Wang, who has a spot in the U.S. Figure Skating Hall of Fame thanks to her costumes, shares some thoughts on some outfits from Olympics past (see right) — (only Kerrigan's is her own design).

THE ASSOCIATED PRESS

PAUL CHIASSON/THE CANADIAN PRESS

Left: Canadian ladies gold medalist Joannie Rochette's figure skating outfit (worn at the Skate Canada International figure skating competition last year) seems to fit Wang's checklist of what makes a skating outfit successful: Sparkles like eveningwear but functions like workout gear, stands up to wind and is show-stopping from every angle.

Designer Vera Wang rates these ice-inspired ensembles

• Nancy Kerrigan wore a neon yellow dress with a pale-pink beaded bustline at the 1994 games in Lillehammer, Norway — and it was one of Wang's favourites because it took Kerrigan out of her usual comfort zone as a sophisticate.

• The midnight-sky blue combo that Shizuka Arakawa of Japan wore in Turin in 2006 "isn't my taste," says Wang. It's a little too showy, but it did make Arakawa look like a risk-taker, which might have been the primary intention all along.

THE ASSOCIATED PRESS PHOTOS

• Michelle Kwan made a "gutsy" move in 1998 in Nagano, Japan, by wearing a periwinkle stretch-velvet dress, says Wang. It was a look reminiscent of Dorothy Hamill. (While she often collaborated with Kwan, this was by another designer).

A shoe in at Banana Republic

NEW COLLECTION The list of tempting offerings at Banana Republic just keeps continuing to grow!

Now the chic retailer, known for its tailored women's and men's business and casual wear, is selling shoes at select Canadian stores.

In Toronto, you can find them at 80 Bloor St. W., Eaton Centre and Sherway Gardens stores.

The spring 2010 line will feature pumps, ballet flats and boots for women as well as men's shoes, all ranging in price from $89 to $250. METRO NEWS SERVICE

Men's penny loafer, $140.

Strappy boot, $250.

Peep toe shoe, $120.

Holt Renfrew's new president

BUSINESS Canadian high-end retailer Holt Renfrew & Co. Ltd. says it has appointed Mark Derbyshire, 40, former vice-president of human resources at the company, as its new president. Derbyshire will replace outgoing president and CEO Caryn Lerner, who will continue working with Holt Renfrew's parent organization, Wittington Fashion Retail Group, as an independent consultant.

Derbyshire

THE CANADIAN PRESS

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ELLE CANADA

TAN CITY

Get a first look at spring's natural hues

Leather buckled sandals, MICHAEL Michael Kors ($350, 1-866-733-5677)

Leather zippered shoulder bag with pockets, Winners ($70, winners.ca)

Strappy leather sandals, Chinese Laundry ($110, 514-272-1919)

PVC flap bag with shoulder strap, Aldo ($58, aldoshoes.com)

Leather platform sandals, Joie ($395, at Holt Renfrew, holtrenfrew.com)

Leather shoulder bag ($165, at the Bay)

STUDIO ANDRÉ DOYON

Our resident experts say it best.

"Ross University was the only medical school I applied to. It has a great track record and I'm just one of thousands of success stories."

– Armin Kamyab, MD '08
Toronto
Surgery Resident

"I am who I am today because of Ross University. I'm a doctor, I attained the residency I wanted, and I made friends for a lifetime."

– Paola Portela, MD '07
Chicago
Pediatrics Resident

"I learned an appreciation for veterinary medicine and have been inspired every day to be the best I can be."

– Priti Karnik, DVM '01
San Diego
Small Animal Surgeon

"Ross gave me the opportunity to pursue the profession I have always dreamed of. It was an experience I'll never forget."

– Michael Higgins, DVM '01
Vancouver
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Medical Seminar 2 pm
Veterinary Seminar 10 am
The Westin Harbour Castle, Toronto

Register online at RossU.edu

IT BRITS

Burberry designer Christopher Bailey restored the iconic brand's cool cred a while ago, but it took casting newly crowned fashion darling Emma Watson as the label's latest face to make it the fashion equivalent of gourmet mac 'n' cheese — it's looking better all the time. Now, in addition to being in the air, Burberry is on the ground, opening its first stores in Toronto: one in the Yorkdale mall and the other on Bloor Street. Bailey designed the interiors of both boutiques, which are sleek and welcoming with an all-beige version of Burberry's signature plaid prettifying the walls and sales desks.

Editors' Pick

PERFORMANCE BONUS

Femme Fekkai Sensuelle Eau de Parfum Spray ($115); Femme Fekkai Sensuelle Hairspray ($36)

Our fave hair products work hard for us, but they don't always score top marks when it comes to scent. (Grape, we're talking to you.) Frédéric Fekkai enlisted top noses from Grasse, France, to create a blend of neroli, lemon leaf, jasmine and warm musk for his Femme Fekkai Sensuelle line. The shampoo, conditioner and hairspray are also infused with silk proteins to soften and strengthen hair.

To read these stories and more, visit:
ellecanada.com

Mad Men, True Blood among GLAAD media nominees
Mad Men, True Blood and the comedy Modern Family, along with singers Lady Gaga and Adam Lambert, are among the Gay & Lesbian Alliance Against Defamation nominees for its 21st annual Media Awards. PEOPLE.COM

Entertainment

Adams Award

Bryan Adams will receive the 2010 Allan Waters Humanitarian Award at this year's Junos. The Award recognizes an outstanding Canadian artist whose humanitarian contributions. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Pallett's new fantasy

Owen Pallett sets his artistic sights high on Heartland.

Final Fantasy

Album: Heartland
Label: Domino
Rating: ●●●●

AMBITIOUS ORCHESTRAL pop from the Toronto-based violinist formerly known as Final Fantasy. Owen Pallett raised a lot of eyebrows in 2006 when his He Poos Clouds won the inaugural Polaris Prize for top album in Canada. It's chamber pieces weren't exactly accessible, even by indie rock standards. This time around Pallett sets his artistic sights even higher, composing a 12-track narrative focusing on a farmer named Lewis and the fictional world of Spectrum. It would be easy to write much of this off as a load of pretentious cow dung, but the way in which the patterned electronica melds with the tapping percussion and the soaring Czech Symphony Strings on tracks like Lewis Takes Off His Shirt more than make up for some of the obvious quirks of the project. Somehow, Pallett has combined the density of Brian Wilson production with the mathematical precision of a Phillip Glass soundtrack. When it works, it is very good indeed.

Graham Rockingham/for Metro Canada

Album Reviews

music@metronews.ca

Vampire Weekend

Album: Contra
Label: XL/Beggars
Rating: ●●●●

IT'S BEEN TWO years since Vampire Weekend released its debut, and since then the buzz has only grown around this eclectic New York band. And deservedly so. The foursome create smart, multi-textured rock that owes as much to Paul Simon as it does to The Clash. Contra is another thought-provoking effort. The band fuses Afro-sounds with steel drums and keyboard blips on opener Horchata, and once again channel Graceland-era Simon on White Sky. Another intriguing effort from these Ivy-league globetrotters.

Bryan Borzykowski/for Metro Canada

OK GO

Album: Of The Blue Colour Of The Sky
Label: EMI
Rating: ●●●½

YOU PROBABLY KNOW OK GO from that ridiculously popular treadmill music video, but these guys know how to do more than just make pleasing YouTube clips. This third effort is a quirky, but infectious smorgasbord of crunchy rock, upbeat pop and faux-soul. It's a departure from the band — they've generally stayed close to distorted indie pop — and a good one at that. The Prince-like opener WTF will quickly grow on you, while All Is Not Lost's repetitive chorus is soothing. Although the middle section isn't as strong as the top, it's still a step forward.

Bryan Borzykowski/for Metro Canada

On the web

- Read our review of Woodpigeon's new album Die Stadt Muzikanten at metronews.ca/music.

Dazed And Confused

Most Drivers Lost When Looking For The Lowest Car Insurance Rates

Why Is It So Hard To Find The Best Rates?

The truth is, it isn't as difficult as it seems once you know where to look. We've all heard that it pays to shop around – and car insurance is no different. For most people, that means talking to friends, making phone calls, surfing the Internet, and speaking with several brokers and insurance companies to get competitive rates. But with over 30 insurance companies providing car insurance in Ontario, getting references and quotes from everyone takes too much time, right? Wrong. This is where an online service like InsuranceHotline.com, which provides real-time quotes from competing insurers, can help.

InsuranceHotline.com offers an independent, unbiased rate comparison from over 30 of the top insurance companies in Canada to find you the lowest rate for your profile and then connects you with a licensed broker or agent who can provide the policy. It is fast, safe and FREE.

Does It Really Pay To Shop Around?

Most consumers fail to realize that the rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. Take a look at the table below.

The key to finding the best rate is to figure out which insurance company has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

Don't Be Fooled By Others Offering To "Compare Quotes".

Unlike most of its competitors, InsuranceHotline.com does not sell insurance, is not a licensed broker or agent, and is not owned in whole or in part by an insurance company, agent or brokerage. This allows InsuranceHotline.com to be completely unbiased when providing insurance quotes and keeps its focus solely on finding the lowest insurance rates for consumers.

By contrast, most websites offering to "compare insurance quotes" are owned by or affiliated with insurance brokers or agents and are therefore only capable of quoting rates from the limited number of insurance companies they represent, typically no more than 4 or 5.

Start Saving Your Money Now.

InsuranceHotline.com puts you in the driver seat by making insurance companies compete for your business. With quotes from over 30 of the top insurance companies in Canada, InsuranceHotline.com is the simplest and easiest way to make sure you aren't overpaying for your car insurance. And it is completely FREE to use.

There is never any obligation. You decide if you're interested in the rate provided and whether you want to move your business. So what are you waiting for?

Rate Comparison

Driving Record	Lowest Price	Highest Price	Price Difference
Clean Record	$958	$2,213	$1,255
1 Ticket	$1,018	$2,552	$1,534
1 Accident	$1,849	$3,753	$1,904

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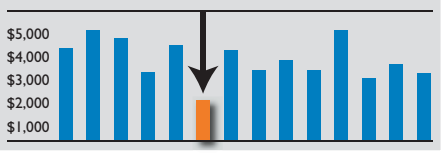

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Bueller... Bueller... Bueller...

Matthew Broderick has given Hollywood bosses the green light to remake his classic movie Ferris Bueller's Day Off, but doesn't want any involvement in it. Studio chiefs are planning to bring the comedy back to the big screen. FEMALEFIRST.CO.UK

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2010 movie madness hit list

Wizards, werewolves and warriors, a year of action ahead

Daniel Radcliffe, Rupert Grint and Emma Watson in Harry Potter

Hollywood may find it tough to match 2009's record box-office revenue, but here's a sampling of a dozen movies they hope will get your attention this year.

PERCY JACKSON&THE OLYMPIANS: THE LIGHTNING THIEF A teen demigod who is the son of sea god Poseidon, Percy is falsely suspected of stealing uncle Zeus' lighting bolt, sending him on a quest to find the true culprit. Directed by Chris Columbus who did the first two Harry Potter flicks,

THE WOLFMAN Benicio Del Toro is the hairy beast in this update of the horror classic, playing a black sheep son who returns to his ancestral home in England after his brother is killed and mutilated by a mysterious beast.

THE LAST SONG Contrary to the title, Miley Cyrus does not sing in her latest movie. It's all part of growing up and easing herself and fans beyond her perky Hannah Montana persona.

Cyrus is a sullen teen who turns down a scholarship to The Juilliard School and wants nothing to do with music, a reaction against her estranged father (Greg Kinnear), a pianist.

WALL STREET: MONEY NEVER SLEEPS Is greed still good for Gordon Gekko?

After creating an archetype of the modern robber baron with 1987's Wall Street, director Oliver Stone and Michael Douglas resurrect Gekko in our own messy economic times.

IRON MAN 2 At the end of his first blockbuster about the guy in the gadget-laden metal suit, Robert Downey Jr.'s billionaire genius Tony Stark proclaims to the world, "I am Iron Man." In the sequel, "we see what the ramifications of that announcement from the first film were," said Jon Favreau, director of the Iron Man films.

SHREK FOREVER AFTER Mike Myers' Shrek meets James Stewart's George Bailey in what's billed as the final big-screen movie about the lovable cartoon ogre.

Like George, Shrek sees what the world would be like without him, as sneaky wheeler-dealer Rumpelstiltskin cons the ogre into signing away his existence.

PRINCE OF PERSIA: THE SANDS OF TIME The sword-and-sorcery saga casts Gyllenhaal as a street urchin adopted into a royal family who discovers a magic dagger of immense power, the weapon coming in handy after he's falsely accused of wrongdoing and goes on the run.

TOY STORY 3 Tom Hanks' Woody the cowboy, Tim Allen's Buzz Lightyear and their plaything partners face abandonment issues in the latest chapter of the franchise that launched the computer-animation age for feature films.

THE LAST AIRBENDER Featuring Slumdog Millionaire star Dev Patel, the film is set in a world where four nations once lived in harmony, each possessing powers to manipulate one of the elements — air, water, earth and fire — balance maintained by an "avatar" who can control all elements.

Shrek

INCEPTION Director Christopher Nolan's science-fiction thriller Inception, starring Leonardo DiCaprio, opens in the same summer slot as his Batman blockbuster did in 2008. DiCaprio plays a new kind of corporate raider — a man who uses technology to steal into people's minds and swipe ideas and information that he can sell.

HARRY POTTER AND THE DEATHLY HALLOWS — PART 1 The young wizard's next trick: Sawing his final adventure in half and presenting it as a two-parter. Deathly Hallows sends Harry (Daniel Radcliffe) and pals Hermione (Emma Watson) and Ron (Rupert Grint) in search of the mystical Horcruxes — which they must destroy to pull the plug on evil Voldemort (Ralph Fiennes).

THE ASSOCIATED PRESS

Conan's future is still unclear

LATE-NIGHT TV Tonight Show host Conan O'Brien saved his best material this week for his statement that said he wouldn't play ball with NBC's plan to make room for Jay Leno to come back to late night.

By the time O'Brien arrived on stage Tuesday night for his Tonight Show monologue, his remarks about the scheduling debacle took the form of a few swipes at NBC.

"When I was a little boy, I remember watching The Tonight Show With Johnny Carson' and thinking, 'Someday, I'm going to host that show for seven months,'" cracked O'Brien, who took over Tonight from Leno last June.

"Welcome to NBC," he added, "where our new slogan is, 'No longer just screwing up prime time.'"

Leno, of course, has been starring weeknights at 10 p.m. EST in a little-watched show that NBC announced earlier this week will be cancelled.

"As I'm sure you know," Leno told viewers Tuesday in his own monologue, "NBC announced they are pulling the plug on this show Feb. 12. Here's the amazing part: That is the exact date that the Mayan calendar predicted we would go off the air."

While Leno's return to 11:35 p.m. EST seemed definite, O'Brien's future with the network was anything but clear-cut, after he released his statement earlier in the day that abruptly derailed NBC's rush to put its late-night house in order.

THE ASSOCIATED PRESS

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SECOND CUP

Jack Bauer reluctantly stopping global destruction, again

TELEVISION Jack Bauer was in a coma at the end of last season's 24, resigned to the death he had cheated countless times before.

Now, as a new day (and eighth season) starts for the round-the-clock Fox thriller, Bauer is nudged awake.

But it's a couple of years later, just after 4 p.m., and Jack has been comfortably dozing on a sofa while he babysits his little granddaughter, who's poking him to get his attention.

Today, life seems peachy for Jack. His doctors have declared a success his risky treatment for the bioweapon infection that had put him at death's door — surgery ordered against his will by daughter Kim in last season's closing moments.

Now Jack (series star Kiefer Sutherland) looks happy, healthy and almost relaxed. He's content to play the dedicated granddad and rededicate himself to his once-fractious relationship with Kim. He plans to take a job with a private security firm, and say goodbye to saving the world with his counterterrorism derring-do.

Keiffer Sutherland

Hope springs eternal, even for Jack. But there are 24 looming hours in the day this new 24 season will span (with the first four episodes airing Sunday at 9 p.m. and Monday at 8 p.m. EST). And despite his insistence that, "I'm out, I don't work for the government anymore," by 4:22 p.m. on the 24 clock, Jack is pressed back into service.

Maybe he shouldn't have answered that knock at the door.

(Caution: Possible spoilers lie ahead.)

Within the hour, Jack is escorting a wounded would-be informant and trading gunfire on a downtown Manhattan street.

By 6:25 p.m., he's getting his first severe beating. The fact that just a few scenes later he displays not so much as a bruise doesn't make him any happier to be back in the game.

"I hate this place," he says as he gazes around the headquarters of the Counter-Terrorist Unit.

Unfolding in New York after past seasons set in Washington and Los Angeles, 24 initially sticks Jack with saving the life of Omar Hassan, president of the Islamic republic of Kamistan. Hassan (Anil Kapoor, Slumdog Millionaire) is in town for nuclear disarmament talks with U.S. President Allison Taylor (returning Emmy-winner Cherry Jones).

But evil forces are trying to derail this Mideast peace accord.

But despite all the effort expended on action and intrigue, 24 remains heavily character-driven.

THE ASSOCIATED PRESS

Vancouver critics like Up in the Air

A Vancouver film critics have named Jason Reitman's Up in the Air the best film of 2009. The movie starring George Clooney also won best screenplay and best supporting actress for co-star Vera Farmiga at the Vancouver Film Critics Circle awards. THE CANADIAN PRESS

Vampire Weekend bite in

Band not looking to convert critics with second album

Few bands in recent memory have inspired the breathless praise or visceral vitriol of Vampire Weekend.

When the band's self-titled debut dropped in 2008, some saw pristine hooks, literate lyrics and a descendant of Paul Simon's Graceland. Detractors saw privileged Ivy League prissiness, boat shoes and pastel sweaters and, well, a descendant of Paul Simon's Graceland.

With follow-up Contra which was released this week, the band — seemingly still stung by the backlash they endured — isn't expecting to convert any of their critics.

"There are people who aren't going to give the second album a chance at all," lead singer Ezra Koenig told The Canadian Press in a recent interview.

"I think there are even people who made such fundamentally negative statements about our band, that they would need to have like a religious experience to give the second album a chance."

That would be a shame, because Contra shows significant growth over the band's impressive debut.

Mostly recorded at the group's small studio in New York, Contra sounds familiar but brainier, more intricate and more complex than the first album.

It's also more direct, which Koenig says was a goal after he grew frustrated with being misunderstood.

You see, those tales of strolls through the Columbia campus, rolls in the hay on Benetton linen and summers frittered away in Cape Cod were meant with a satirical bite that was sometimes lost in translation.

"When your lyrics have the tiniest hints of irony or sarcasm or critical thinking, people are going to have such different ideas of what the songs are about," Koenig said.

"Some people write songs where it's always kind of obvious that it's from their point of view. Whereas I think we have songs that are kind of about other characters or maybe told from the point of view of somebody who's the opposite of you. That always kind of confuses things.

"I think there are even people who made such fundamentally negative statements about our band, that they would need to have like a religious experience to give the second album a chance."
Ezra Koenig

Where the band's debut occasionally felt clinical, distant, or too-polished by a veneer of cleverness, the tunes on Contra have at a bit more soul.

In fact, the sprightly Taxi Cab even marks the band's first ballad, though Koenig couldn't resist adding other layers of meaning to the delicate tune.

"I would hope that none of our songs are ever just reducible to plain, old-fashioned love songs, silly love songs," he said.

That's not much of a risk anywhere on the record. The band's fascination with African, South American and Caribbean percussion (do not say "world music," a term Koenig says is "reductive and bizarre") remains, newly augmented by electronic textures and gorgeous vocal harmonies.

What Contra trades in immediacy, it makes up in variety, as elements of dancehall, ska, reggae and punk (sort of) filter through.

Obviously, the band aimed high though, Koenig hopes, not too high.

"There are a lot of records that are just ambitious for the sake of being ambitious," Koenig said. "So we'd like to think that anything that we try that is experimental or is different from the first album, we're only doing it to serve the song. So hopefully that balances everything out."

THE CANADIAN PRESS

Vampire Weekend isn't expecting to convert critics with Contra.

Mix of Six

RECREATION The Toronto International Boat Show continues at Exhibtion Place's Direct Energy Centre through Sunday. torontoboatshow.com

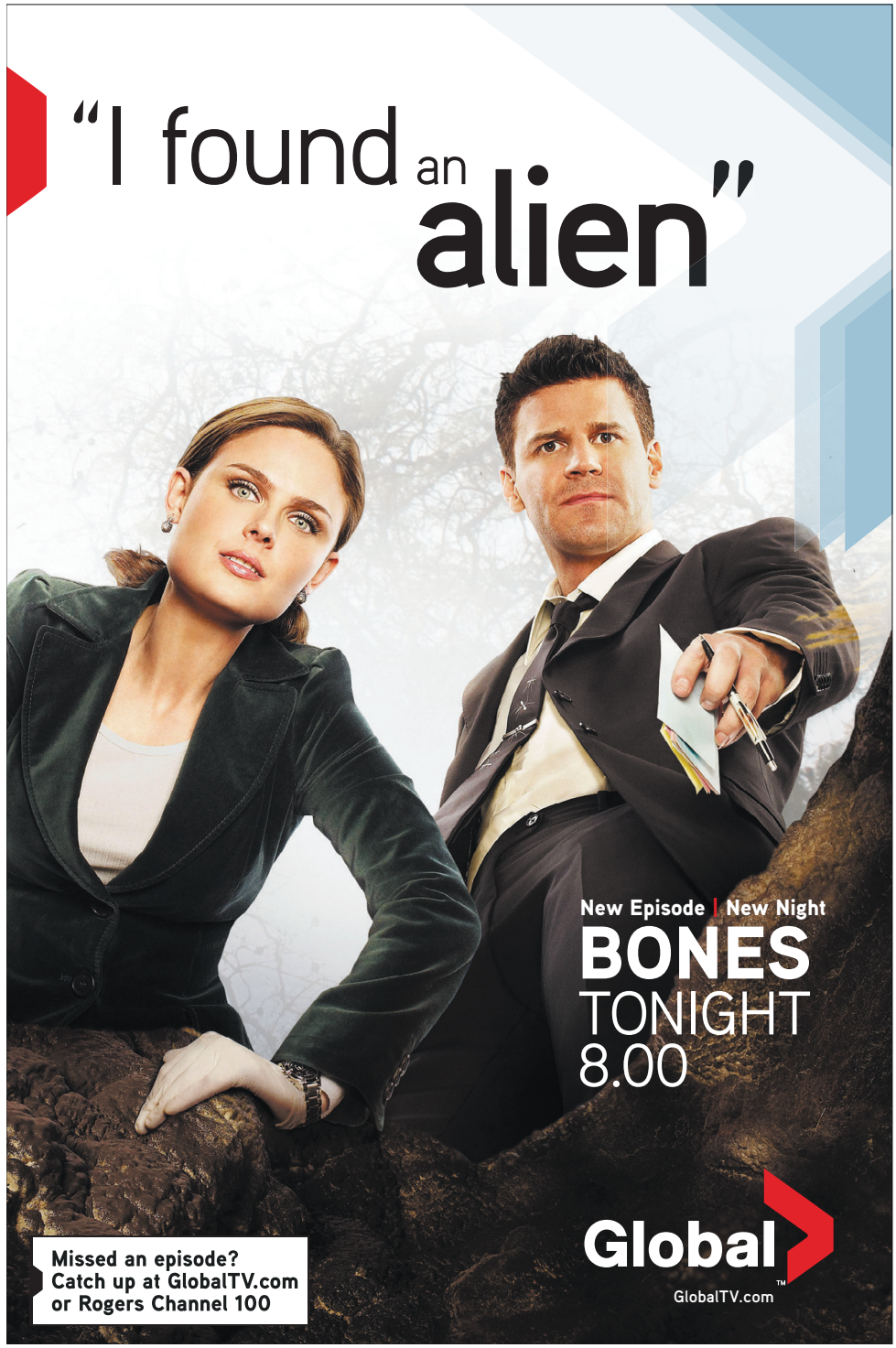
TELEVISION Get a sneak peak behind the scene of CBC Television's Marketplace, with hosts Erica Johnson and Wendy Mesley, at noon. CBC Broadcasting Centre, 250 Front St. W. events@cbc.ca

CONCERT Celebrate Mozart's 254th birthday with the Toronto Symphony Orchestra at Roy Thomson Hall, 60 Simcoe St. roythomson.com

TALK The North York Central Library, 5120 Yonge St., hosts a free talk on art in the reign of Tutankhamun by Egyptologist Steven Shuber at 7 p.m. Pre-register 416-395-5639.

BENEFIT The Ontario Breast Cancer Scoiety presents the Nuthin' But Skirts all-female comedy fundraiser at 9 p.m. at McVeigh's Pub, 124 Church St.

SPORTS The Toronto Maple Leafs take on the Philadelphia Flyers at the Air Canada Centre. mapleleafs.nhl.com



Rob Zombie to direct CSI: Miami episode

Rob Zombie will make his television directorial debut on an upcoming episode of CSI: Miami. CBS says the rocker and filmmaker will bring the Miami crime-solving team to Los Angeles in a story that involves secret tape recordings and evidence tampering. THE ASSOCIATED PRESS

Entertainment in brief

CASTING Acclaimed Canadian filmmaker David Cronenberg has confirmed rumours that he wants British star Keira Knightley to be in his next feature, The Talking Cure. The director of such hits as The Fly and A History of Violence says the movie is being adapted from the Christopher Hampton play about psychoanalysis.

ILLNESS Dexter star Michael C. Hall says he was diagnosed with cancer and is on the road to the successful completion of treatment. In a statement yesterday, Hall said he was fortunate to be diagnosed with a "treatable and curable condition," Hodgkin's lymphoma and thanked his doctors and nurses. THE ASSOCIATED PRESS

Post-Abdul Idol ratings strong

Paula who? Despite losing judge Paula Abdul, American Idol started its ninth season on a high note with an estimated audience of nearly 30 million.

Tuesday's viewership of 29.9 million is about two per cent lower than last year's season debut audience of slightly more than 30 million, according to preliminary Nielsen Co. figures released yesterday.

By comparison, the 2009 debut episode saw a 10 per cent drop compared with 2008. It's an indication that Idol can capitalize on cast changes like Abdul's to resist potential viewer boredom as it ages. That will be further tested when judge Simon Cowell leaves after this season to launch another Fox talent contest, The X Factor, next year.

The 37.4 million who watched the 2007 debut represents the series' high point for opening nights.

"I think people love to love the show," said Fox executive Mike Darnell.

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Hudson to join Golden Globe presenters
Kate Hudson, Ashton Kutcher, Zoe Saldana and Amy Adams will appear on the Golden Globes. The Hollywood Foreign Press Association, which puts on the Globes, says the four actors will serve as presenters at Sunday's ceremony. THE ASSOCIATED PRESS

Play explores social discomfort

JOHN KEILLOR
for Metro Canada

Being human means being part hero and part monster. Something Red is a play about the monster half. After a holiday's fill of forced smiles and Olympian spending, it's time to pay a visit to the Dark Side.

The plot is simple: Two couples are playing Scrabble. They're old friends, drinking wine. All is well until secrets begin to spill out. Then a gun is produced, and the illusion of wellness disappears.

"For me, it's about what lies beneath, what's inside all of us," explains director David Tompa by phone. "It's a cautionary tale about when we don't communicate. This is about years of tension building up between two friends and their respective lovers.

"It's a play about how things turn bitter inside us, and how we use secrets against each other."

Because relationships are an endless cycle of mistakes and forgiving, part of a lover's heart is angry. We all have preconceptions of what we want romantically, and we want our fantasies to unfold naturally. They never do, of course, which makes us feel isolated and resentful. Part of art's job is to help process all those small grudges that build up inside us.

SUBMITTED PHOTO

Something Red runs until Sunday, Jan. 24, at 46 Noble St.

The actors are forced to feel all these tensions. They're on speakerphone with Tompa.

"Something Red makes us face our lives and our pasts personally," says Sandy Duarte, who plays Elisabeth. "It's pretty heavy stuff, honest and raw. It makes us investigate ourselves and our choices.

"I agree," adds Alexander Krstich, who plays Bobby. "It's ugly and uncomfortable sometimes, like that line from Leonard Cohen, "Love is a fire that burns and disfigures everyone."

A universal chord seems to be struck in this script. Written by Tom Walmsley, Something Red premiered in Toronto 30 years ago. Since then, much has changed in the world. Political correctness has raged and subsided. The Cold War has been replaced by the War on Terror. Yet we humans remain the same prickly mammals we've always been.

"This play will be cathartic for people," says Tompa. "There are things you can't do in your life because of the consequences. In this play, you can experience those things — things you want to do but are afraid to do."

Something Red is an erotic theatre of pain, providing a context for unwelcome feelings and dangerous impulses.

Entertainment in brief

OBAMA MUSICAL A musical about Barack Obama's "Yes we can" election campaign premieres in Germany this weekend. THE ASSOCIATED PRESS

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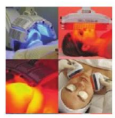

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Wyclef Jean tweeting on earthquake

HAITI Wyclef Jean is one of Haiti's most famous sons and his tweeting about the earthquake there has been a galvanizing force on the web. Jean is most famous as a member of the now-defunct Fugees. Publicist Leslie Chasky says he arrived Wednesday in Haiti and is focusing on his family, his Haitian charity and responding to the disaster.

Several of the most popular topics on Twitter referred to a tweet from the singer urging people to send a text to the charity, Yele, to donate $5 toward relief. The number is 501501. Hundreds are passing his message on by the minute and it appears the Yele website has crashed under the traffic. A spokeswoman wasn't available to comment.

THE ASSOCIATED PRESS

Kenya's**Style**

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

TO	Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 1/14/10	265	353	2	TVO	Ship Sinkers		The Agenda With Steve Paikin		The Street (Part 2 of 6) (N)		MasterWorks "My Kid Could Plant That"		
	211	331	3	GTV	ET Canada	Entertainment	Bones (HDTV) (N)		The Office	The Office	90210 (HDTV)		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	The Nature of Things		The Border (N) (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: Special Victims		Community (N)	Parks/Recreat	30 Rock	30 Rock	The Jay Leno Show (N)		News
	212	313	8	CTV	etalk	Access H.	CSI: Crime Scene Investigat'n		Grey's Anatomy "Blink"		The Mentalist (HDTV) (N)		CTV News
	218	345	11	CHCH	*A Walk to Remember* ★★ (2002, Romance) Shane West.				*Interview With the Vampire* ★★★ (1994, Horror) Tom Cruise.				News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	213	326	15	SUN	The Insider (N)	George Lopez	Toronto Dances (DVS)		Supernatural (HDTV)		The Insider	Hitchcock Pres	Becker
	-	387	16	CBS	Inside Edition	Access H.	The Mentalist (HDTV)		CSI: Crime Scene Investigat'n		The Mentalist (HDTV) (N)		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	Community (N)	Parks/Recreat	30 Rock	30 Rock	The Jay Leno Show (N)		News
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Grey's Anatomy (HDTV)		Grey's Anatomy "Blink"		(10:01) Private Practice (N)		News
	219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	Grey's Anatomy "Blink"		Fringe "Johari Window"		(10:01) Private Practice (N)		A News
	-	-	28	FOX	Judge Judy	Two/Half Men	Bones (HDTV) (N)		Fringe "Johari Window"		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	My Hero	Doc Martin (Part 1 of 2)		Voyages of Discovery		MI-5		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	The Vampire Diaries		Supernatural (HDTV)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: Special Victims		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show		According/Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	Vamp. Diaries
news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		The Nature of Things		National
	500	500	33	CNN	CNN Tonight (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report (Live)		Investigates: Illegal Gambling		Inside the Mind of Google		Marijuana Inc.: Pot Industry		Mad Money
sports	405	417	22	net	Hockey-Czech	MMA Conn	PartyPoker.net		Hooters Dream Girl Special		Sportsnet Connected		Hockey Central
	400	400	30	TSN	NHL Hockey Philadelphia Flyers at Toronto Maple Leafs. (HDTV) (Live)					NHL Hockey Pittsburgh Penguins at Edmonton Oilers.			
	411	457	58	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters		Destin. Truth
	417	406	81	SC	Pass Time	NASCAR Hub	Pinks -- All Out (HDTV)		Pinks Outtakes	Jacked!	Wrecked	Wrecked	Pass Time
family	551	542	25	YTV	iCarly	Fries That?	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	554	544	45	TEL	Stoked	Total Drama	Majority Rules	6TEEN	Futurama	King of the Hill	*A Scanner Darkly* ★★★ (2006, Action)		
	556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Supernanny		Dine With Me	Love It-List It	Confidential	Confidential	Divine Design	House-Sell	Love It-List It
	570	580	29	MM	Degrassi: TNG	Degrassi: TNG	Video on Trial	disBAND	My Date With...	Muchmusic Countdown			MuchOnDem
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (N)		Manhunters	Manhunters	Manhunters
	700	800	35	TLN	Centrovetrine	Sky TG 24	La Soldatessa Alla Visita Militare				George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		Christina Aguilera		Entourage	Wild 'n Out	mmtop10.ca
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	UnStable (N)
	616	521	39	SHO	Relic Hunter		*NYC: Tornado Terror* (2008, Suspense) Nicole de Boer.				Cra$h & Burn (HDTV)		Law Order
	620	523	40	BVO	Mr. Tapwe	PhotoXplorers	Innovators	Writers	*Banshee* ★ (2006, Action) Taryn Manning.				Law & Order
	601	562	41	SLC	Rich Poor	Rich Poor	X-Weighted "Kristi"		Last 10	Last 10	Re-Vamped		ET Canada
	522	506	43	HIS	Pawn Stars	Pawn Stars	Ancient Discoveries		Ancestors	Ancestors	Nostradamus Effect		Blow Down
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Demetri Martin	Demetri Martin	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Holmes Inspection		House-Bryan	Real Renos (N)	House Hunters	House Hunters	Holmes Ins.
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims		*The Glimmer Man* ★ (1996, Action)		
	576	582	49	BET	106 & Park: BET's Top 10 Live		*Inside Man* ★★★ (2006, Suspense) Denzel Washington, Clive Owen.					Monica: Still	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Lost		*Crimson Force* (2005, Science Fiction) (DVS)				Stargate SG-1
	581	566	52	MTV	Peak Season	After	Cribs	Cribs	Jersey Shore		Jersey Shore (N)		Jersey Shore
	618	524	54	TROP	Reality	Whatever	Family Guy	Family Guy	Seinfeld	Seinfeld	'70s Show	King	Comeback
	603	561	56	FOOD	Ricardo	Chuck-Day Off	Restaurant Makeover		Extreme Cuisine, Jeff Corwin		Ace of Cakes		Restaurant
	261	394	60	V	Murder, She Wrote		On the Buses	'Allo, 'Allo!	*Raging Bull* ★★★★ (1980, Biography) Robert De Niro, Cathy Moriarty.				
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby
	526	507	249	VIVA	Cold Case "Start-Up"		Missing "Insomnia"		The Closer		Cold Case "Start-Up"		Psychic Inv.
	300	601	301	M1	*Surviv My*	(7:25) *The National Tree* (2009, Drama)			*Hunger* (2008, Drama) Michael Fassbender.				Cures
	305	612	306	PIX	*Comes a Horseman* ★★ (1978, Western) Jane Fonda.				*The Scorpion King* ★★ (2002, Adventure)			(10:40) *Walking Tall*	
	520	146	-	DISC	Daily Planet (N)		The Hottest Place on Earth		Engineering Volcanoes		MythBusters		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Britain's Next Top Model		FashionTele	RAW	Canada's Next Top Model		Britain's Next Top Model		Top Model

critics'corner

The Border
Work hits close to home for Kessler (James McGowan) in this new episode when his ex-wife's lover gets on the wrong side of a Mexican drug cartel with murderous intentions. Graham Abbey, Nigel Bennett, Daisy Beaumont, Jonas Chernick and Grace Park also star in "Refuge." 9 PM on CBC

Grey's Anatomy
Addison (Kate Walsh) returns to Seattle to perform a difficult procedure on Mark's (Eric Dane) pregnant daughter (guest star Leven Rambin). Cristina (Sandra Oh) is assigned the lead on a complicated surgery. Derek (Patrick Dempsey) gets suspicious when the chief (James Pickens Jr.) recruits Meredith (Ellen Pompeo) to assist with a high-profile operation in the new episode "Blink." 8 PM on ACH-B

Pusateri's creations

Sometimes you're just too tired to make something. So why not let the folks at Pusateri's (57 Yorkville Ave.) create something delectable? Every week, a different dish is developed in its test kitchen and is available at its food station between 11 a.m. and 3 p.m. Call 416-785-9100. STEPHANIE DICKISON/FOR METRO TORONTO

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Baja Fish Tacos ($11.99)

It's across the street from Pusateri's? Well la di da.

But actually, the new and second location for Chimichanga is not posh at all.

Beneath street level, it appears forlorn, but who cares about what it looks like with food like this.

Our server brings a basket of complimentary, just-made, hot tortilla chips and a deep bowl of homemade salsa — bright chilies, fresh tomatoes — while we peruse the menu, which is a nice touch. We can't stop ourselves — we obliterate the chips and there's still salsa left despite our double-dipping. When have you had your dip outlast your chips?

The Fresh Snapper Ceviche ($13.99) reveals fresh, firm and rich snapper, marinated in lime and topped with a refreshing avocado-cucumber salsa. Though our server brings another serving of chips, the fish is alluring all on its own.

The seafood fest continues with Baja Fish Tacos ($11.99). Breaded Pacific whitefish is tucked under thick layers of fresh guacamole, cheese, guajillo sauce and a tangy baja dressing. It's a messy, delicious delight.

The key here is how vibrant and fresh everything is. This is not the Mexican food you've come to know through sad chains.

This right here is the good stuff.

On the web

- Get recipes and more great food content at metronews.ca/recipes

Dining out

WINTER DINING

Winterlicious, the city's biggest food event of the year, is almost upon us. From Jan. 29 through Feb. 11, participating restaurants offer fixed price menus ranging from $15-$25 lunches and dinners for $25-$45. Details at toronto.ca/special_events/wintercity/2010/

GOOD AND CHEAP

It's not often that you hear of a restaurant reducing its prices, but Crystal Rolls (372 Bloor St. W.) has done just that! Now all of its Pan-Asian dishes are priced under $10. Not only is it affordable food, but it's darn good. Dine in, take out or get it delivered — go online at crystalrolls.com or call 416-921-6787.

On the web

Global Peasant:

- Diane Thompson is always in hot pursuit of something good to eat. Share her enthusiasm for food as she travels and experiments with a new recipe every week in her Global Peasant blog. Check out metronews.ca/global-peasant for a look at Vietnamese cuisine.

In brief

GROCERY Iqbal Halal Foods (Unit 10-2 Thorncliffe Park Dr. near Overlea) in East York is an exciting supermarket that is filled with intriguing ingredients, walls and walls of spices and unbelievable prices. There are baked goods, produce, pantry items and a meat counter. It might be a bit out of the way, but it's worth the trip. 416-467-0177.

Girlfriend has been 'Chuck'-ed
Chuck fans, rejoice! Zachary Levi is a single man. The TV star broke up with singer Caitlin Crosby after a two-year-relationship, Usmagazine.com reports. METRO NEWS SERVICES

Celebrity Buzz

'The best (plastic) me'

MY BODY'S NOBODY'S BODY BUT MINE ... AND MY SURGEON'S At just 23 years old, The Hills star Heidi Montag decided to go under the knife for a second time and have a staggering 10 plastic-surgery procedures in one day, people.com is reports.

"For the past three years, I've thought about what to have done," the reality star tells People.

"I'm beyond obsessed."

And so, on Nov. 20, Montag's total transformation began.

Keeping even her family in the dark, the starlet chronicled every painful moment of recovery and her journey to become "the best me."

What surgeries Montag, who is married to Spencer Pratt, had have not been revealed, however they reportedly include breast augmentation, chin reduction and a nose job.

METRO NEWS SERVICES

And then there was one

HE MUST BE SO LONELY Two of Hugh Hefner's three girlfriends — 20-year-old twins Kristina and Karissa Shannon — are moving out of the mansion, usmagazine.com reports.

The Playboy founder, 83, tells E! News that his relationship with girlfriend Crystal Harris, 23, has been getting "more serious" and that the twins have expressed a lot of interest in doing more Playmate-related promotional work for the company. So they're moving into the neighbouring Playmate House.

"They've been hanging out with a lot of the other Playmates and they see these girls traveling across the country to do promotion," he says.

"They would like to be doing that, too.

The move — which Hefner stressed will not affect their E! Show Girls Next Door — will take place within the next couple of weeks.

METRO NEWS SERVICES

Jennifer Love Hewitt is not a fruit salad

IT'S APPLES AND ORANGES ... AND PEARS Jennifer Love Hewitt — who was famously mocked for looking fuller-figured in a bikini in 2007 — says she almost dumped her boyfriend Jamie Kennedy when he called her "pear ass," usmagazine.com reports.

"We had a rough patch in the beginning because the first time we went on vacation, I was going to be in a bikini, and I was very nervous," she said Tuesday on the late-night TBS talk show Lopez Tonight. "I heard him coming down the hall, so I got in the cute bikini position," she said. "And he goes, 'Hey, my little pear ass.' "I said, 'I'm sorry, what did you say?'"

Hewitt, 30, then explained to Lopez that the remark wasn't a compliment.

"Have you ever seen a pear?" she asked. "It starts thin, it gets fat and it never gets thin again. It's not cute. It's not a cute fruit."

METRO NEWS SERVICES

All alone on a mountaintop

BETTER NOT TOGETHER While Jessica Biel has been climbing Mt. Kilimanjaro to draw attention to the global water crisis, one thing she hasn't been drawing attention to is that she and Justin Timberlake are very much broken up, according to Hollyscoop.

Timberlake had previously told GQ magazine that he was going with Biel up the mountain, but isn't part of the trip.

And he's been keeping a low profile since Biel left, though sources say he was spotted this week relaxing in Jackson Hole, Wy.

METRO WORLD NEWS

Won't you be my neighbour?

WOODS WON'T BE BORROWING ANY SUGAR While they may not be living together following his cheating scandal, Tiger Woods and Elin Nordegren are staying close. The Swedish former model is reportedly staying in a rented five-bedroom mansion three miles from Woods' home in Windemere, Fla., according to the New York Daily News. The $2.65-million US home is owned by Baltimore Ravens player Derrick Mason and is for sale, property records show.

METRO WORLD NEWS

Alex and his ladies, new and 'old'

NOT SURE YOU CAN BRAG ABOUT THAT ONE Alex Rodriguez has apparently moved on from ex Kate Hudson and is spending time in South Beach, Fla., with a new blonde named Elaine Spottswood, but he's still hearing from another ex, according to New York magazine.

"Alex and Elaine are seeing a lot of each other and work out together nearly every day. But their relationship is by no means exclusive," a source says.

"And he keeps bragging that Madonna is still texting him all the time."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

Jim Carrey gets philosophical, Katy Perry is having pet issues, Paula Abdul wants to get to know you, and Jordan Knight has some bad habits to kick.

@JimCarrey R we the consumers or R we the consumed?

@katyperry Kitty, stop hissing at your new boyfriend! Hmmm maybe she's not into dudes!!!!

@PaulaAbdul I feel like you know a bunch about me and I wish I knew you all better. Thank goodness for twitter!

@jordanknight I really need to stop drinking soda for breakfast.....

METRO WORLD NEWS

Poof! No charges!

LEGAL After a two-year investigation, federal prosecutors have dropped a case against magician David Copperfield over claims that he held a former beauty queen captive and sexually assaulted her on his private island in the Bahamas, according to TMZ. No charges were filed against Copperfield.

METRO WORLD NEWS

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Saturday Partly cloudy 2° / -3°

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Take Five

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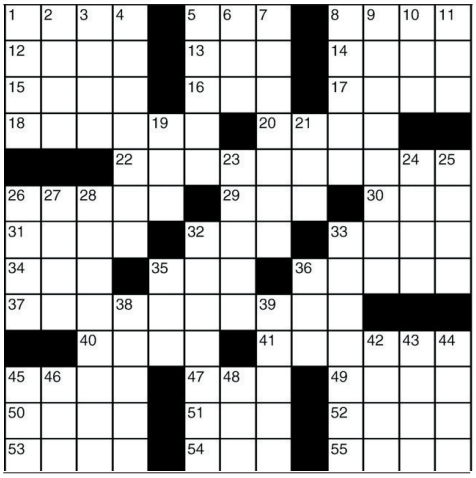


Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

2						4	7	
	6	5			8			
		8			4	5		
5				9			2	
	8	9				7	6	
	3			5				1
		7	2			6		
			6			3	5	
	5	1						7

ACROSS

1 "Deal or No Deal" choice
5 Corral
8 Caffeinated nut
12 Bellow
13 Genetics abbr.
14 Rhyming tributes
15 Boleyn or Bronte
16 Doctrine
17 Deli loaves
18 Mass confusion
20 Quite some time
22 Hunting time
26 Polish
29 $ dispenser
30 Leading lady?
31 Safecracker
32 Honest politician?
33 Calendar abbr.
34 A Bobbsey twin
35 Twosome on stage
36 Failed to be
37 Enigma
40 Carte
41 14-Across, e.g.
45 Settled down
47 Support system?
49 Its three largest cities start with C
50 Faxed
51 "— Town"
52Peter, Paul & Mary's genre
53 Deck
54 Profit
55 Release

DOWN

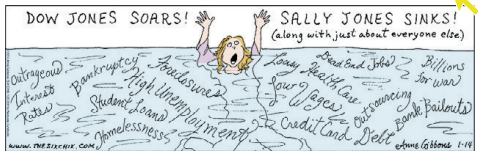
1 Grouch
2 Top-notch
3 Hour-glass fill
4 Soon
5 Top-rated
6 Em halves
7 Sanskrit salutation
8 "M*A*S*H" setting
9 .Post-Trojan War wanderer
10 Shelter
11 Fool
19 Mimic
21 Jewel
23 Business bigwig
24 Microwave, e.g.
25 Egg container?
26 Harmonization
27 Get better
28 Shame
32 Birders' society
33 Leave the ground
35 Lair
36 Court
38 Squabble
39 Dizzying designs
42 Explorer Heyerdahl
43 Anger
44 Servitude symbol
45 Invite
46 Grazing area
48 Wish otherwise

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

8	9	5	6	2	3	7	4	1
6	4	2	7	5	1	3	8	9
3	7	1	8	4	9	5	2	6
4	3	9	5	7	6	8	1	2
1	5	6	2	9	8	4	7	3
7	2	8	1	3	4	9	6	5
5	8	4	3	1	2	6	9	7
2	6	3	9	8	7	1	5	4
9	1	7	4	6	5	2	3	8

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Balti Green Pepper Chicken & Basmati Rice

Submitted by: Diana Dhaliwal, Winnipeg, MN

INGREDIENTS:

1 Cup of basmati rice
2 Cup water
1 Teaspoon cumin seeds
1/2 Teaspoon salt
2 green peppers (can use yellow, orange, or red)
2 chicken breast
3 Tablespoon olive oil
2 Tablespoon patak's balti paste
4 sprigs of parsley

METHOD:

1. Using a microwave safe bowl with a lid, put in 1 cup of Basmati rice, 2 cups water, 1 teaspoon cumin seeds and 1/2 teaspoon salt. Put in microwave with the lid slightly open to allow the release of steam for 12 minutes on high. (Rice can also be cooked on the stove according to directions on package.)
2. While the rice is cooking, wash and slice peppers and cut chicken breast into pieces about 1 inch by 1/4 inch.
3. Poor olive oil into large frying pan and stir fry the peppers and chicken until nearly done (a few minutes). Then add 1-2 tablespoons Patak's Balti paste and mix with a little water if necessary. Cook the food on low to meld the flavours. Take out the microwave rice when done and fluff the rice and seeds around with a fork. Put rice in bowels and serve Balti Green Pepper Chicken on top. Garnish with parsley.

SERVES 2-4
PREP TIME: 5 MINUTES
COOK TIME: 15 MINUTES

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
If you want a better tomorrow you are going to have to sacrifice something today. Cut out of your life anything that no longer serves a useful purpose.

TAURUS ♉
APRIL 21-MAY 21
Inevitably, you will come into conflict with authority figures today, but principle always beats power in the long-term.

GEMINI ♊
MAY 22-JUNE 21
Tomorrow's solar eclipse could make you rather emotional and you would be wise to resist the urge to say things that might annoy employers

CANCER ♋
JUNE 22-JULY 22
The next move you make could be the most important you have made for many months, so take your time and think before you act.

LEO ♌
JULY 23-AUG 23
There are major changes taking place in your world. Disruption is inevitable but despair is always optional. Keep smiling.

VIRGO ♍
AUG 24-SEPT 22
Others may pour cold water on your aims but only because they are jealous that you are so ambitious and fear that you will eclipse them.

LIBRA ♎
SEPT 23-OCT 23
You need to be aware that not everyone has your interests at heart or wants to see you succeed.

SCORPIO ♏
OCT 24-NOV 22
You want things done your way and if they are not done your way there will be trouble with a capital T.

SAGITTARIUS ♐
NOV 23-DEC 21
You don't change often but when you do you go all the way and tomorrow's eclipse will inspire you to push the boundaries like never before.

CAPRICORN ♑
DEC 22-JAN 20
The next two or three days promise to be extra special, so dream freely, plan extensively and act as if you cannot possibly fail — and you won't.

AQUARIUS ♒
JAN 21-FEB 18
You need to reconcile the opposing forces in your life and bring them together into some sort of balance so you are not constantly being pulled away.

PISCES ♓
FEB 19-MARCH 20
Something will happen today, tomorrow or over the weekend that has a profound effect on your beliefs and opinions.

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GL Sport model shown

Limited model shown

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GLS Sport model shown

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